

AQUA FIT'WAVE

SPORT - SANTÉ - CONVIVIALITÉ

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

aquabodybike
9:30 - 10:15 ★

AquaGym
09:45 - 10:15

aquatonus
aquadynamic + aquawork
9:30 - 10:15

AquaGym
09:45 - 10:15

aquadynamic
9:30 - 10:15

Aqua Bébé
9:30 - 10:30 ★

AquaGym
10:30 - 11:00

aquadynamic
10:30 - 11:15

aquabodybike
10:30 - 11:15 ★

aqua combat
10:30 - 11:15

aquawork
10:30 - 11:15

aquabodybike
10:45 - 11:30 ★

aquadynamic
12:30 - 13:15

aqua combat
12:30 - 13:15

aquawork
12:30 - 13:15

aquabodybike
12:30 - 13:15 ★

aquatonus
aquadynamic + aquawork
12:30 - 13:15

aquadynamic
11:45 - 12:30

AquaGym
14:30 - 15:00

AquaGym
15:30 - 16:00

**AQUAGYM
PRE-NATALE**
14:00 - 16:00 ★

aquawork
17:30 - 18:15

aquadynamic
17:30 - 18:15

aquawork
18:00 - 18:45

aquabodybike
17:30 - 18:15 ★

aquadynamic
17:30 - 18:15

aquadynamic
18:30 - 19:15

aquatonus
aquadynamic + aquawork
18:30 - 19:15

aquadynamic
19:00 - 19:45

aqua combat
18:30 - 19:15

aquabodybike
18:30 - 19:15 ★

aqua combat
19:30 - 20:15

aquabodybike
19:30 - 20:15 ★

aquatonus
aquadynamic + aquawork
19:30 - 20:15

**NOUVEAUTÉS
RENTÉE 2019**

- + HORAIRES
- + DE COURS
- + DE SERVICES

NOUVEAU
ZUMBA
fitness

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

**LES MILLS
BODYPUMP**
9:30 - 10:15

CROSS TRAINING
Aqua Fit'Wave
9:30 - 10:15

**LES MILLS
RPM**
9:30 - 10:15

**LES MILLS
RPM**
10:30 - 11:00

CAF
Aqua Fit'Wave
10:30 - 11:15

HBX BOXING
10:30 - 11:15 ★

**LES MILLS
BODYBALANCE**
10:30 - 11:15

CAF
Aqua Fit'Wave
10:30 - 11:15

CROSS TRAINING
Aqua Fit'Wave
12:30 - 13:15

S Paire LES MILLS RPM | **S Impaire LES MILLS BODYATTACK**
12:30 - 13:15

CAF
Aqua Fit'Wave
12:30 - 13:15

HBX BOXING
12:30 - 13:15 ★

**LES MILLS
BODYPUMP**
12:30 - 13:15

**LES MILLS
BODYBALANCE**
11:15 - 12:15

CAF
Aqua Fit'Wave
17:45 - 18:30

**LES MILLS
RPM**
17:45 - 18:15

**LES MILLS
BODYATTACK**
18:30 - 19:30

**LES MILLS
BODYPUMP**
17:45 - 18:30

**LES MILLS
RPM**
17:45 - 18:15

**LES MILLS
BODYATTACK**
18:45 - 19:45

**LES MILLS
BODYPUMP** | **HBX BOXING**
18:30 - 19:15 ★

**LES MILLS
BODYBALANCE**
19:30 - 20:30

**LES MILLS
RPM**
18:45 - 19:30

**LES MILLS
BODYPUMP**
18:30 - 19:00

**LES MILLS
RPM**
19:45 - 20:30

STEP
Aqua Fit'Wave
19:30 - 20:30

ZUMBA | **CROSS TRAINING**
Aqua Fit'Wave
19:30 - 20:30

**LES MILLS
BODYBALANCE**
19:15 - 19:45

Facebook
Suivez-nous sur Facebook

**PLANNING COURS COLLECTIFS
DU 2 SEPTEMBRE 2019 AU 30 JUIN 2020**

★ COURS SUR RÉSERVATION - ESPACE ENFANTS SURVEILLÉS OUVERT