



65 Route de Paris

03.22.89.47.48

OUVERT 7J/7

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
OUVERTURE	9H	9H	9H	9H	9H	9H	10h30
9h15	Circuit perte de poids	SCULPT		PUMP	FAC	FAC	
10h15	RPM   AQUABIKE	PILATES	10h : AQUA GYM	BALANCE	Circuit perte de poids   AQUA BIKE	BALANCE   AQUA GYM	
11h15	AQUAGYM		11h : AQUA CYCLING		AQUAGYM	AQUABIKE	
12h15	CROSS-TRAINING	PUMP	RPM	FAC		PUMP (1h)	11h : RPM
17h30	PUMP	SHBAM   CROSS-TRAINING	RPM   FAC	COMBAT	ATTACK	13h30 : RPM	
18h30	COMBAT   18h : AQUA GYM   FAC	RPM   BALANCE	PUMP   AQUA BIKE   Circuit perte de poids	FAC   AQUA BIKE	SHBAM	15h : CROSS-TRAINING	
19h30	RPM   AQUA BIKE   ZUMBA	ATTACK   CROSS-TRAINING	SPEED GAME   AQUA GYM   CROSS-TRAINING	RPM   AQUA TRAINING			
20h30	CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING   SPEED BIKING	CROSS-TRAINING			
FERMETURE	21H30				21H	16H	12H30