

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
Ouverture	9H	9H	9H	9H	9H	9H	10h30	
9h15	Circuit perte de poids	SCULPT		PUMP	Abdos fessiers	Abdos fessiers		
10h15	RPM	AQUA BIKE	PILATES	BALANCE	AQUA BIKE	Circuit perte de poids	BALANCE	
11h15	AQUAGYM			AQUAGYM				
12h15	Circuit forme	PUMP	RPM	AQUA BIKE	Abdos fessiers	AQUABIKE	PUMP 1h	
17h30	PUMP	SHBAM	Cross-training	RPM	Abdos fessiers	COMBAT	ATTACK	
18h30	COMBAT	Abdos fessiers	RPM	BALANCE	AQUA BIKE	PUMP	AQUA GYM	Circuit perte de poids
19h30	Abdos fessiers	RPM	Attack	Cross-training	AQUA TRAINING	STEP	AQUA BIKE	Cross training
20h30	RPM	AQUA BIKE	RPM					
20h30	Cross training	Cross training	Crosstraining	SPEED BIKING	Cross training			
Fermeture			21H30		21H	16H	12H30	