

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

FITNESS

PISCINE



09H30-10H20

LIA



10H30-11H20

ABDOS
FESSIERS



12H30-13H15

FORCE
TRAINING



17H30-18H30

BODY
PUMP



18H30-19H20

RPM



19H30-20H20

STEP



09H15-10H05

AQUA BODY
MINCEUR



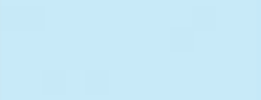
10H15-11H05

AQUA
DOUCE



12H30-13H20

AQUA
BODY



17H00-17H50

AQUA BODY
MINCEUR



18H00-18H50

AQUA BODY
MINCEUR



19H00-19H50

AQUA
MINCEUR



20H00-20H45

AQUABIKE

FITNESS

PISCINE



09H15-10H15

BODY
PUMP



10H30-11H20

BODY
BALANCE



12H30-13H20

RPM



17H45-18H15

X-TREM
ABDOS



18H30-19H20

BODY
COMBAT



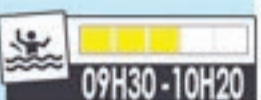
19H30-20H00

POURSUITE



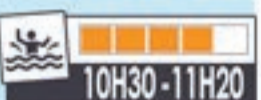
20H15-20H45

YOG'
ATTITUDE



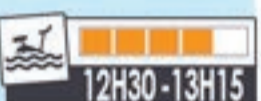
09H30-10H20

AQUA
BODY



10H30-11H20

AQUA BODY
MINCEUR



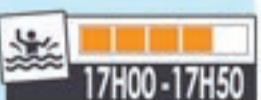
12H30-13H15

AQUABIKE



14H30-15H20

AQUA
BODY



17H00-17H50

AQUA BODY
MINCEUR



18H00-18H50

AQUA
MINCEUR



19H00-19H50

AQUABIKE
TRAINING

FITNESS

PISCINE



10H30-11H15

FORCE
TRAINING



11H15-11H45

STRETCHING



12H30-13H20

BODY
BALANCE



17H00-17H50

ABDOS
FESSIERS



18H00-18H50

RPM



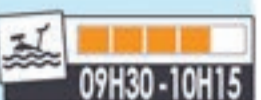
19H00-20H00

BODY
PUMP



19H30-20H20

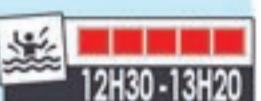
AQUA
MINCEUR



09H30-10H15

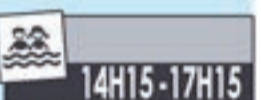
AQUABIKE

résa internet



12H30-13H20

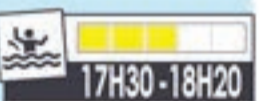
AQUA
MINCEUR



14H15-17H15

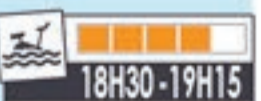
NATATION
ENFANTS

forfait spécifique



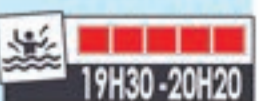
17H30-18H20

AQUA
BODY



18H30-19H15

AQUABIKE



19H30-20H20

AQUA
MINCEUR

FITNESS

PISCINE



09H30-10H15

CARDIO TRAINING



10H20-10H50

X-TREM ABDOS



11H00-11H30

YOG' ATTITUDE



12H30-13H15

BODY
PUMP



18H00-18H45

FORCE
TRAINING



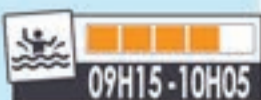
19H00-19H50

RPM



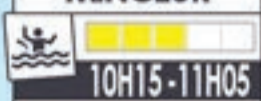
20H00-20H50

PILATES



09H15-10H05

AQUA BODY
MINCEUR



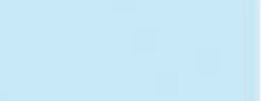
10H15-11H05

AQUA BODY



11H15-12H05

FUTURE MAMAN



12H30-13H20

AQUA BODY
MINCEUR



14H30-15H20

AQUA
DOUCE



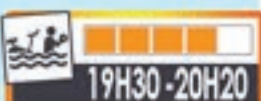
17H30-18H20

AQUA BODY
MINCEUR



18H30-19H20

AQUA
MINCEUR



19H30-20H20

AQUABIKE
TRAINING

résa internet

FITNESS

PISCINE



10H00-10H50

PILATES



12H30-13H00

FORCE
TRAINING



13H00-13H30

CARDIO
TRAINING



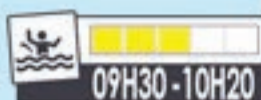
18H00-18H50

BODY
BALANCE



19H00-19H50

LIA



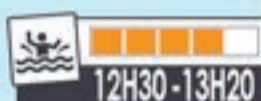
09H30-10H20

AQUA
BODY



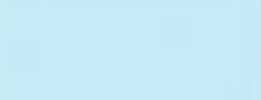
10H30-11H15

AQUABIKE



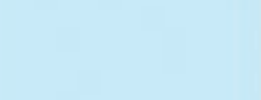
12H30-13H20

AQUA BODY
MINCEUR



17H15-18H00

NATATION
ENFANTS



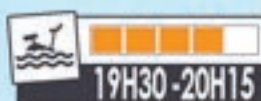
17H15-18H00

NATATION
ENFANTS



18H30-19H20

AQUA BODY
MINCEUR



19H30-20H15

AQUABIKE

résa internet

FITNESS

PISCINE



10H15-11H15

BODY
PUMP



11H30-12H20

ABDOS
FESSIERS



12H45-13H35

AQUA BODY
MINCEUR



11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING



09H15-12H30

NATATION
ENFANTS

forfait spécifique



12H45-13H35

AQUA BODY
MINCEUR

DIMANCHE

FITNESS

PISCINE



11H15-12H05

FORCE
TRAINING



10H15-11H05

AQUA
BODY



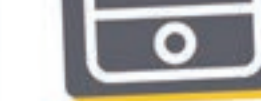
11H15-12H05

FORCE
TRAINING



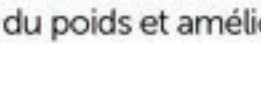
11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING

11H15-12H05

FORCE
TRAINING

11H15-12H05

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11H15-12H05

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TRAINING

11H15-12H05

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TRAINING

11H15-12H05

FORCE
TRAINING

11H15-12H05