

**Juillet 2024**

**Dim., Mar., Mer. : 9:00 - 20:30**

**Lun. : 9:00 - 16:30**

**Jeu., : 9:00 - 19:30**

**Ven. : 9:00 - 12:30**

**Sam. : 9:00 -18:30**

**Dim.**

<b>11:00</b>	55'	Body SCULPT
<b>12:30</b>	60'	Aquabiking*
<b>13:30</b>	60'	Aquagym
<b>18:00</b>	60'	TRX
<b>18:00</b>	60'	CAF
<b>19:00</b>	55'	Aquagym
<b>19:00</b>	60'	Citi'attack & Stretch

**Jeu.**

<b>11:00</b>	55'	Swiss Ball
<b>12:00</b>	60'	Renforcement musculaire
<b>12:15</b>	60'	Pilates
<b>13:30</b>	55'	Aqua Fitness
<b>13:30</b>	60'	Danse Orientale
<b>17:00</b>	60'	Renforcement musculaire
<b>17:30</b>	60'	Initiation Natation #
<b>18:00</b>	90'	YOGA

**Lun.**

<b>10:15</b>	60'	Pilates
<b>11:15</b>	60'	Cardio FAC
<b>12:30</b>	50'	Aquabiking*
<b>13:30</b>	50'	Aquagym
<b>14:30</b>	90'	YOGA

**Ven.**

<b>10:30</b>	90'	Aquatraining*
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**Mar.**

<b>10:00</b>	60'	Citi'Attack
<b>11:00</b>	60'	Abdo Work
<b>12:30</b>	60'	Aqua Pilates
<b>17:30</b>	60'	Initiation Natation #
<b>18:00</b>	60'	Cardio encadré
<b>18:00</b>	60'	ZUMBA
<b>19:00</b>	60'	Aquabiking*

**Sam.**

<b>11:00</b>	120'	Cardio encadré
<b>11:00</b>	60'	Danse Orientale
<b>12:15</b>	60'	ZUMBA
<b>13:30</b>	60'	Aquabiking*
<b>14:30</b>	60'	Aquagym

**Mer.**

<b>11:15</b>	60'	Aquabiking*
<b>12:15</b>	50'	Aquagym
<b>17:00</b>	60'	Renforcement musculaire
<b>18:00</b>	60'	Pilates

**ACTIVITES ENFANTS DU SAMEDI**

<b>11:00</b>	60'	Ado Cardio
<b>12:00</b>	60'	Ado Cardio

**\* Cours sur réservation.**

**# Session spéciale hors forfaits**

**ARRET DES ACTIVITÉS 30 MIN AVANT LA FERMETURE**