

|             |       |     |                       |
|-------------|-------|-----|-----------------------|
| <b>Dim.</b> | 10:00 | 60' | GRIT                  |
|             | 11:00 | 60' | Body SCULPT           |
|             | 12:30 | 60' | Aquabiking*           |
|             | 13:30 | 60' | Aquagym               |
|             | 18:00 | 60' | CAF                   |
|             | 18:00 | 60' | TRX Pilates           |
|             | 19:00 | 60' | Citi'attack & Stretch |
|             | 19:00 | 60' | Aquagym               |

|             |       |     |              |
|-------------|-------|-----|--------------|
| <b>Lun.</b> | 10:00 | 60' | Pilates      |
|             | 11:00 | 60' | cardio Fac   |
|             | 12:30 | 60' | Aquabiking*  |
|             | 13:30 | 60' | Aqua Fitness |
|             | 14:00 | 90' | Yoga         |

|             |       |     |                              |
|-------------|-------|-----|------------------------------|
| <b>Mar.</b> | 10:00 | 60' | Citi'attack                  |
|             | 11:00 | 60' | Abdo work                    |
|             | 12:15 | 60' | Aqua Pilates                 |
|             | 16:00 | 90' | Danse classique ado&adultes# |
|             | 18:00 | 60' | Renforcement musculaire      |
|             | 18:00 | 60' | zumba                        |
|             | 18:00 | 60' | Initiation natation#         |
|             | 19:00 | 60' | Aquabiking*                  |

|             |       |     |                         |
|-------------|-------|-----|-------------------------|
| <b>Jeu.</b> | 10:00 | 60' | STEP Tbc                |
|             | 11:00 | 60' | Swiss Ball              |
|             | 12:00 | 60' | Renforcement musculaire |
|             | 12:15 | 60' | Pilates                 |
|             | 13:30 | 60' | Aqua Pilates            |
|             | 13:30 | 60' | Danse Orientale         |
|             | 17:00 | 60' | Renforcement musculaire |
|             | 18:00 | 90' | YOGA                    |

|             |       |     |              |
|-------------|-------|-----|--------------|
| <b>Ven.</b> | 10:00 | 90' | Aquatrainig* |
|             |       |     |              |

|             |       |      |                                 |
|-------------|-------|------|---------------------------------|
| <b>Sam.</b> | 9:30  | 150' | Renforcement musculaire         |
|             | 10:00 | 60'  | Danse Orientale                 |
|             | 11:15 | 60'  | ZUMBA                           |
|             | 12:30 | 60'  | Aquabiking*                     |
|             | 13:30 | 60'  | Aquagym                         |
|             | 15:30 | 90'  | Danse classique ado & adultes # |

### ACTIVITÉS ENFANTS DU MARDI

|       |     |                  |
|-------|-----|------------------|
| 13:30 | 75' | Gym Aérobic      |
| 14:00 | 60' | Natation enfants |
| 15:00 | 60' | Natation enfants |

|             |       |     |                         |
|-------------|-------|-----|-------------------------|
| <b>Mer.</b> | 11:00 | 60' | Aquabiking*             |
|             | 12:00 | 60' | Aquagym                 |
|             | 14:00 | 90' | Yoga                    |
|             | 17:00 | 60' | Renforcement musculaire |
|             | 17:45 | 60' | Pilates                 |
|             | 19:00 | 60' | Aqua Pilates            |

### ACTIVITÉS ENFANTS DU SAMEDI

|       |     |                            |
|-------|-----|----------------------------|
| 10:00 | 60' | Ado Cardio                 |
| 10:00 | 60' | Natation enfants           |
| 11:00 | 60' | Natation enfants           |
| 11:00 | 75' | Gym Aérobic                |
| 12:15 | 60' | Zumba Kids                 |
| 14:00 | 60' | Initiation danse classique |

\* Cours sur réservation.

# Session spéciale hors forfaits

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