

Dim.

10:00	55'	GRIT
11:00	55'	Body SCULPT
12:30	60'	Aquabiking*
13:30	60'	Aquagym
17:30	60'	Cardio encadré
18:00	60'	CAF
18:30	55'	Aquagym
19h00	60'	Citi'attack & Stretch

Jeu.

10:00	55'	STEP
10:00	55'	Initiation Natation Femme#
11:00	55'	Swiss Ball
12:30	50'	Aquabiking*
13:30	55'	Aquagym
13:30	55'	Danse Orientale
16:15	60'	Zumba
18:00	90'	YOGA*

Lun.

10:00	55'	TABATA
11:15	50'	Aquabiking*
12:15	50'	Aquagym
14:00	90'	YOGA

Ven.

10:00	60'	Full Body
11:00	30'	FAC
11:30	30'	Stretching

Mar.

10:00	60'	Citi'attack
11:00	60'	ABS Work
12:00	60'	Aquabiking*
13:00	45'	Aquagym
18:00	60'	Natation adolescente
18:00	60'	Initiation Natation #
18:00	60'	ZUMBA
19:00	30'	STRONG by Zumba

Sam.

9:30	150'	Cardio encadré
10:00	50'	Danse Orientale
11:15	60'	ZUMBA
12:15	55'	Aquabiking*
13:15	45'	Aquagym
15:00	90'	Danse classique Femme #

ACTIVITES ENFANTS DU MARDI

13:30	75'	Gymnastique Aérobie
14:00	60'	Natation petits
15:00	60'	Natation grands

Mer.

10:00	60'	CAF & Stretch
11:15	60'	Aquabiking*
12:15	50'	Aquagym
14:00	90'	YOGA
17:00	60'	Cardio encadré
18:00	60'	PUMP
18:00	60'	Renforcement musculaire
19:00	55'	Aquabiking*

ACTIVITES ENFANTS DU SAMEDI

10:00	60'	Ado Cardio
10:00	60'	Natation petits
11:00	60'	Natation Grands
11:00	75'	Gym aérobie
12:15	55'	ZUMBA kids
12:15	60'	Éveil artistique
13:15	60'	Karaté
13:30	90'	Danse classique
14:30	60'	Natation Grands
15:30	60'	Natation petits

* Cours sur réservation.

Session spéciale hors forfaits