

SALLE TATAMIS

Ouvert De 7h-21h / Samedi 9h-19h / Dimanche 10h-13h

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
8H30	GYM DOUCE	BODY SCULPT	GYM SANTE	PILATES	GYM SANTE	
9H30	ABDOS-FESS	PILATES	C.A.F	BODY SCULPT	T.A.F	BODY SCULPT
10H30		STRETCHING			STRETCHING	
12H15	ZUMBA	PILATES 12H30	Body Minceur	FIT BALL	PILATES	YOGA 11H
13H	STRETCHING			ABDO-STRETCH		
14H			TAE KWON DO ENFANTS+ ADOS			TAE KWON DO ENFANTS +ADOS
17H30	BODY MINCEUR	POWER BARRE	BODY MINCEUR	PILATES		
18H15	PILATES DOS	ABDOS-FESS	PILATES	ABDOS-FESS		
19H	STRETCHING	PILATES	ABDO-FESS	STRETCH		
19H45	JEET KUNE DO	STRETCHING	YOGA	JEET KUNE DO		

SALLE PARQUET

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30					ZUMBA GOLD	
11H	ABDOS	ABDOS	ABDOS	ABDOS	ABDOS	
17H15	STEP	L.I.A Débutant	ABDOS-FESS	T.A.F	BODY SCULPT	
18H	ZUMBA	BODY SCULT	ZUMBA	L.I.A	STEP 2	
18H45	L.I.A	C.A.F	STREET DANCE	POWER barre	ZUMBA	
19H30		Kravmaga		Kravmaga		

AQUAGYM

Adage

Mercredi

17h 15 | 18h | 18h45

Propara

Jeudi

9H | 10h | 14h15

CROSS TRAINING

Lundi	7h / 19h45	Jeudi	12h15
Mardi	12h15	Vendredi	7h / 12h15
Mercredi	12h15/19h45	Samedi	10h