

# FITNESS

2018-2019

		lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
▼ ENERGIE	STEP		19:45 - 20:30	09:30 - 10:15				
	FIT BIKE	09:40 - 10:25 18:00 - 18:45	19:15 - 20:00		19:00 - 19:45			
	DANCE FIT	19:30 - 20:15						
	CARDIO COMBAT	18:45 - 19:30			19:00 - 19:45	09:45 - 10:30		
	ZUMBA				09:30-10:15 12:30 - 13:15	18:15 - 19:00	11:15 - 12:00	
▼ TONICITE	CAF	12:30 - 13:15			10:15 - 11:00 18:30 - 19:00			
	BODY SCULPT		19:00 - 19:45	10:15 - 11:00		12:30 - 13:15		
	BODY BARRE	10:30 - 11:15					10:30 - 11:15	
	ABDOS EXPRESS	18:15 - 18:45		11:00 - 11:30		19:00 - 19:30		
▼ LE + SPORT ACCES	CROSS TRAINING		12:30 - 13:15 18:30 - 19:15		18:15 - 19:00			
	BABY FIT*							
	LINE DANCE		11:00 - 11:45					
▼ EQUILIBRE	PILATES		10:15 - 11:00	17:45 - 18:15				
	STRETCHING				19:45 - 20:15	11:00 - 11:45		
	YOGA**	20:45 - 21:45		12:30 - 13:15 20:00 - 21:00				
▼ ET AUSSI ...	KUDURO FIT		18:30 - 19:15			19:30 - 20:15		
	SMOVEY FIT		09:30 - 10:15	18:30 - 19:15				
	HIIT					10:30 - 11:00		
	POSTURAL BALL			19:15 - 20:00	11:00 - 11:45			
	BODY RELAX	11:15 - 12:00						
	AQUAFITCROSS**	19:30 - 20:30						

\* Inscription hors abonnement \*\* Lundi 20:45 et Mercredi 20:30 hors abonnement \*\*\* Cours dispensé à la piscine

