

Nos activités sport & bien-être

Séances en salle de fitness, piscine & extérieur

horaire/jour	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
8h40/9h00	Morning Routine 20' gratuit	Morning Routine 20' gratuit	Morning Routine 20' gratuit	Morning Routine 20' gratuit	Morning Routine 20' gratuit	Morning Routine 20' gratuit	Morning Routine 20' gratuit
9h00/9h30	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	
10h00/10h30	AquaBike 30' 25 euros	AquaBike 30' 25 euros	AquaBike 30' 25 euros	AquaBike 30' 25 euros	AquaBike 30' 25 euros	AquaBike 30' 25 euros	
11h00/11h40		AquaPilates 40' 25 euros				AquaPilates 40' 25 euros	
14h/14h45		Marche Nordique 45' 25 euros	Initiation Pilates 50' 25 euros	Marche Nordique 45' 25 euros	Initiation Pilates 50' 25 euros		
14h00/14h30	Boxe Training 30' 20 euros					Boxe Training 30' 20 euros	
14h30/15h00	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	AquaGymTonique 30' 25 euros	
15h10/15h40		AquaGymDouce 30' 25 euros	AquaJogging 30' 25 euros	15h20 AquaTraining 40'	Ice Biking 20' 30 euros	Ice Biking 20' 30 euros	
16h40/17h20	Aquapilates 40' 25 euros		AquaPilates 40' 25 euros	AquaPilates 40' 25 euros	AquaPilates 40' 25 euros		
17h00/17h30	Stretching 30' 25 euros	Stretching 30' 25 euros	Stretching 30' 25 euros	Stretching 30' 25 euros	Gym Douce 30' 25 euros	Stretching 30' 25 euros	



*Agenda sous réserve de modification