

MERCREDI 8

9H15-9H45

PILATES

10H15-10H45

AQUAFITNESS VERT

11H15-11H45

CIRCUIT
TRAINING

12H15-12H45

AQUAFITNESS ROUGE

13H15-13H45

HIIT

14h15-14H45

AQUAPOWER

15h15-15H45

BODYCOMBAT

16h15-16H45

AQUABOXING

17h15-17H45

RPM

18h15-18H45

AQUABIKING

19h15-19H45

BODYPUMP

20h15-20H45

AQUARYTHMO

SAMEDI 11

CAF BLEU

AQUAFITNESS BLEU

STEP

AQUARYTHMO

BODYSCULPT

BODYPALM

RPM

AQUABIKING

BODYATTACK

AQUARYTHMO

JOURNÉES DÉCOUVERTES **D-DAYS**