

# - STUDIO - AQUAFITNES

LUNDI  
🕒 9H - 21H

**AQUAGYM**  
9H 15 - 40'

**AQUAGYM**  
10 H - 40'

**AQUABODYBIKE**  
10 H 45 - 45'

**AQUAGYM**  
12 H 30 - 40'

**AQUAGYM**  
14 H 30 - 40'

**AQUAGYM**  
17 H 30 - 40'

**AQUAGYM**  
18 H 15 - 40'

**AQUADYNAMIC**  
19 H - 45'

**AQUAGYM**  
19 H 45 - 40'

MARDI  
🕒 8H - 21H

**AQUAGYM**  
9H 15 - 40'

**AQUAGYM**  
10 H - 40'

**AQUAGYM**  
10 H 45 - 40'

**AQUAGYM**  
12 H 30 - 40'

**AQUAGYM**  
14 H 30 - 40'

**AQUABODYBIKE**  
15 H 15 - 45'

**AQUAGYM**  
17 H 30 - 40'

**AQUAWORK**  
18 H 15 - 45'

**AQUAGYM**  
19 H - 40'

**AQUABODYBIKE**  
19 H 45 - 45'

MERCREDI  
🕒 9H - 21H

**AQUAGYM**  
9H 15 - 40'

**AQUAGYM**  
10 H - 40'

**AQUADYNAMIC**  
10 H 45 - 45'

**AQUAWORK**  
12 H 30 - 45'

**AQUAGYM**  
17 H 30 - 40'

**AQUAGYM**  
18 H 15 - 40'

**AQUATONUS**  
19 H - 45'

**AQUAWORK**  
19 H 45 - 45'

JEUDI  
🕒 8H - 21H

**AQUAGYM**  
9H 15 - 40'

**AQUAWORK**  
10 H - 45'

**AQUAGYM**  
10 H 45 - 40'

**AQUABODYBIKE**  
12 H 30 - 45'

**AQUAGYM**  
14 H 30 - 40'

**AQUAGYM**  
17 H 30 - 40'

**AQUAWORK**  
18 H 15 - 45'

**AQUABODYBIKE**  
19 H - 45'

**AQUABODYBIKE**  
19 H 45 - 45'

VENDREDI  
🕒 9H - 21H

**AQUAGYM**  
9H 15 - 40'

**AQUAGYM**  
10 H - 40'

**AQUABODYBIKE**  
10 H 45 - 45'

**AQUADYNAMIC**  
12 H 30 - 45'

**AQUAGYM**  
14 H 30 - 40'

**AQUABODYBIKE**  
15 H 15 - 45'

**AQUAMATERNITÉ**  
16 H - 45'

**AQUAGYM**  
17 H 30 - 40'

**AQUADYNAMIC**  
18 H 15 - 45'

**AQUABODYBIKE**  
19 H - 45'

**AQUATONUS**  
19 H 45 - 45'

SAMEDI  
🕒 8H - 13H

**AQUABODYBIKE**  
9H 15 - 45'

**AQUADYNAMIC**  
10 H - 45'

**AQUAWORK**  
10 H 45 - 45'

# - STUDIO - FITNESS

LUNDI 🕒 9H - 21H	MARDI 🕒 8H - 21H	MERCREDI 🕒 9H - 21H	JEUDI 🕒 8H - 21H	VENDREDI 🕒 9H - 21H	SAMEDI 🕒 8H - 13H
	<b>GYM</b> 8H - 45'		<b>GYM</b> 8H - 45'		<b>GYM</b> 8H 30 - 45'
<b>LES MILLS BODYPUMP</b> 9H 15 - 45'	<b>LES MILLS BODYVIVE 3.1</b> 9H 15 - 45'	<b>LES MILLS BODYPUMP</b> 9H 15 - 45'	<b>GYM</b> 9H 15 - 45'	<b>LES MILLS SH'BAM</b> 9H 15 - 45'	<b>LES MILLS BODYBALANCE</b> 9H 15 - 45'
<b>GYM</b> <b>STR</b> 10H - 45' 10H 45 - 15'	<b>CAF</b> <b>STR</b> 10H - 45' 10H 45 - 15'	<b>GYM</b> <b>STR</b> 10H - 45' 10H 45 - 15'	<b>LES MILLS BODYBALANCE</b> 10H - 60'	<b>GYM</b> <b>STR</b> 10H - 45' 10H 45 - 15'	<b>LES MILLS BODYPUMP</b> 10H - 60'
<b>LES MILLS SH'BAM</b> 12H 30 - 45'	<b>GYM</b> 12H 30 - 45'		<b>LES MILLS BODYVIVE 3.1</b> 12H 30 - 45'	<b>LES MILLS BODYPUMP</b> 12H 30 - 45'	<b>LES MILLS SH'BAM</b> 11H - 45'
<b>LES MILLS BODYBALANCE</b> 15H 15 - 60'		<b>GYM</b> <b>STR</b> 16H 30 - 45' 17H 15 - 15'	<b>LES MILLS BODYBALANCE</b> 15H 15 - 60'		
<b>GYM</b> <b>STR</b> 17H 30 - 45' 18H 15 - 15'	<b>LES MILLS BODYBALANCE</b> 17H 30 - 60'	<b>CAF</b> <b>STR</b> 17H 30 - 45' 18H 15 - 15'	<b>LES MILLS BODYPUMP</b> 17H 30 - 60'	<b>LES MILLS BODYVIVE 3.1</b> 17H 30 - 45'	
<b>LES MILLS BODYPUMP</b> 18H 30 - 60'	<b>GYM</b> <b>STR</b> 18H 30 - 45' 19H 15 - 15'	<b>LES MILLS SH'BAM</b> 18H 30 - 45'	<b>GYM</b> <b>STR</b> 18H 30 - 45' 19H 15 - 15'	<b>LES MILLS BODYATTACK</b> 18H 30 - 60'	
<b>LES MILLS BODYJAM</b> 19H 30 - 60'	<b>LES MILLS BODYCOMBAT</b> 19H 30 - 60'	<b>LES MILLS PUMPTechnic</b> <b>LES MILLS BODYPUMP</b> 19H 15 - 15' 19H 30 - 60'	<b>LES MILLS SH'BAM</b> 19H 30 - 45'	<b>LES MILLS BODYBALANCE</b> 19H 30 - 60'	