

# Planning Cours Collectifs

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
8:30			Cardio Latino				
9:15	Gym Minceur + 			Spin+Body Workout	GymMinceur + 		
9:30				Pilates			
9:45					Marche Nordique		
10:00		Tennis Open Practice Pilates		Tennis Seniors			
10:30	Bungy Pump 6KM Gym Douce + 		Yoga Soft + 		Gymdouce + 	Spin+Body Workout	Spinning
11:00						Zumba	Djembel
11:30					Bungy Pump 3KM	Squash Training	
11:45	Aquagym 45'	Aquagym 45'		Aquagym 45'	Aquagym 45'	Ladies&VetsSquash Practice	
12:00	Equilibre		Renforcement Aqua	Aikido Gold		CardioBoxing	
12:30	Aquagym 45'	Aquagym 45'		Aquabike 45'	Equilibre Aquabike 45'		
13:30	Aqua Cardio	Renforcement Equilibre		Stretching			
17:15						Aquabike 45'	Aquabike 45'
17:30			Teen Squash Practice		Teen Squash Practice		Tennis Open Practice 90'
18:15				Gym Minceur + 	Yoga Flow		
18:30		StrongNation Pickleball & Badminton	Zumba Ladies&VetsSquash Practice Equilibre Pickleball & Badminton	H.I.I.T 45'	Salsation Pickleball & Badminton		
18:45	Interval Training	Aquagym 45'		Aquagym	H.I.I.T 45' Squash Club Night		
19:00			Spin+Body Workout				
19:30	Spinning			CardioBoxing			
20:00		Tai-CHI	FloatFit				

