



PLANNING 2025-2026

Cours collectifs

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30	GYM DOUCE	RENFO TONIC		PILATES			
10h30		STRETCHING				BODY POWER	ATLANTIC SCULPT
11h00	PILATES		GYM DOUCE	RENFO TONIC	STRETCHING		
						11h30	STRETCHING
12h30	ATLANTIC SCULPT	ULTIMATE CARDIO	ATLANTIC FLOW	BIKE XPRESS & ABDOS 15' 30'	CROSS TRAINING 30'		
17h30	ATLANTIC FLOW FIT'BIKE	CROSS TRAINING 30'	RENFO TONIC	CORE TRAINING	ATLANTIC SCULPT		
18h30	RENFO TONIC	ULTIMATE CARDIO FIT'BIKE	ATLANTIC SCULPT FIT'BIKE	CARDIO COMBAT FIT'BIKE	ATLANTIC FLOW		
19h30	STEP	ATLANTIC FLOW	ATLANTIC DANCE	PILATES			

Espace aquatique

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30		AQUABIKE	AQUAGYM		AQUABIKE	AQUAGYM	AQUAGYM
10h30	AQUATONIC 30'	AQUASPEED	AQUACIRCUIT 30'	AQUATONIC 30'	AQUATONIC 30'		
11h30	AQUABIKE	AQUAGYM		AQUASPEED		AQUABIKE	
12h30		AQUABIKE					
17h30	AQUAGYM						
18h30	AQUASPEED	AQUAGYM	AQUABIKE	AQUABIKE			
19h30		AQUABIKE	AQUASPEED	AQUAGYM			

Horaires de la salle

Lundi - Vendredi 9h-20h30

Samedi et Dimanche 9h-13h