

LUNDI

PISCINE

10h00 (45')
AQUASOFT

STUDIO 1

10h30 (45')
**LES MILLS
BODYBALANCE**

STUDIO 1

17h00 (55')
**YOGA
HATHA**

STUDIO 1

18h00 (55')
**YOGA
VINYASA**

MARDI

STUDIO 1

09h00 (55')
YIN YOGA

STUDIO 1

11h15 (45')
ÉTIREMENTS

STUDIO 2

18h00 (55')*
PILATES 2

STUDIO 1

18h30 (55')
**LES MILLS
BODYBALANCE**

STUDIO 2

19h00 (55')*
PILATES 2

STUDIO 2

20h00 (55')*
PILATES 1/2

MERCREDI

STUDIO 1

10h30 (45')
ÉTIREMENTS

STUDIO 1

11h15 (55')
PILATES 2

STUDIO 1

12h15 (55')
PILATES 1

STUDIO 1

20h00 (55')
YIN YOGA

JEUDI

STUDIO 1

11h00 (55')
**PILATES
FLOW**

PISCINE

11h00 (45')
AQUASOFT

STUDIO 1

12h30 (30')
**LES MILLS
BODYBALANCE**

STUDIO 1

16h00 (55')
SOPHROLOGIE

STUDIO 1

17h00 (55')
PILATES 3

STUDIO 1

18h00 (55')
PILATES 1

STUDIO 2

18h00 (25')
ÉTIREMENTS

STUDIO 2

19h00 (55')
PILATES 2

VENDREDI

STUDIO 1

12h15 (45')
ÉTIREMENTS

STUDIO 1

20h15 (45')
**LES MILLS
BODYBALANCE**

DIMANCHE

STUDIO 1

12h00 (55')
**LES MILLS
BODYBALANCE**

* Ces 3 cours font partis d'un abonnement spécifique Pilates. Se renseigner à l'accueil pour plus d'informations.