

ACTIVITÉS FITNESS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

RPM 9h15 – 10h15		RPM 9h15 – 10h15	PILATES <i>dos et posture</i> 9h15 – 10h15	STRETCH 9h15 – 10h15	BODYBALANCE 9h30 – 10h30
CIRCUIT MINCEUR 10h15 – 10h45				BIKING SPRINT 9h30 – 10h	
ABDOS FESSIER 11h30 – 12h15				CIRCUIT MINCEUR 11h45 – 12h15	RPM 10h45 – 11h35
BODYBALANCE 12h20 – 13h05	PILATES <i>dos et posture</i> 12h20 – 13h05	BODYPUMP 12h20 – 13h05		BODYPUMP 12h20 – 13h05	

BODYPUMP 17h30 – 18h10	BODYBALANCE 17h30 – 18h10	CIRCUIT MINCEUR 17h30 – 18h		ABDOS FESSIER 17h30 – 18h15
ABDO FESSIER 18h15 – 19h15	BODY PUMP 18h15 – 19h15	PILATES <i>dos et posture</i> 18h15 – 19h15	BODYBALANCE 18h15 – 19h15	RPM 18h15 – 19h05
RPM 18h30 – 19h20		BIKING SPRINT 18h30 – 19h		CIRCUIT MINCEUR 18h30 – 19h
	STRETCH 19h30 – 20h15			BODYPUMP 19h15 – 20h15
PILATES <i>dos et posture</i> 19h30 – 20h30	RPM 19h30 – 20h15	CIRCUIT CARDIO + 19h30 – 20h30	RPM 19h30 – 20h20	

HORAIRES D'OUVERTURE

Lundi au Vendredi : 9H-20H45

Samedi : 9H-18h00

Dimanche: 9h15-13h00

(Dernière entrée 1 heure avant la fermeture)

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ÉTABLISSEMENT THERMAL
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