



JEUDI						VENDREDI						SAMEDI								
La Ravoire			Challes-les-eaux			La Ravoire			Challes-les-eaux			La Ravoire			Challes-les-eaux					
O'TOP FITNESS	O'TOP RPM	O'TOP PISCINE	OPEN FITNESS	OPEN HIITBOX	O'TOP FITNESS	O'TOP RPM	O'TOP PISCINE	OPEN FITNESS	OPEN HIITBOX	O'TOP FITNESS	O'TOP RPM	O'TOP PISCINE	OPEN FITNESS	OPEN HIITBOX	O'TOP FITNESS	O'TOP RPM	O'TOP PISCINE	OPEN FITNESS	OPEN HIITBOX	
						8H15 AQUA GYM														
9H15			9H15			9H15			9H15			9H15			9H30			9H30		
			AQUABIKE			HBX BOXING			PILATES niv 2 V RPM AQUABIKE			HBX FUSION			CAF V RPM AQUA GYM			CROSS TRAINING		
10H15			10H15			10H15			10H15			10H15			10H30			10H30		
LesMILLS BODYBALANCE V RPM AQUA GYM			STEP DEBUTANT						GYM TRAD V RPM AQUA GYM			STRETCHING			V BODYCOMBAT LesMILLS RPM AQUABIKE			STRETCHING BOXE ENFANTS		
11H15			11H15			11H15			11H15			11H15			11H30			11H30		
															V BODYBALANCE			BOXE ADOS		
12H30			12H30			12H30			12H30			12H30			12H30			FREE ACCESS A PARTIR DE 12H		
LesMILLS BODYBALANCE V RPM DYNAMIC AQUA			CAF			V SH'BAM LesMILLS RPM CIRCUIT TRAINING			TRX			V BODYPUMP V RPM								
14H15			14H15			14H15			14H15			14H15			14H30			14H30		
V CX WORX			14H - 16H KINE						14H-15H PSYCHO MOTRICIENNE						V SH'BAM					
15H15			15H15			15H15			15H15			15H15			15H30			15H30		
			RPM						PILATES niv 1			DYNAMIC AQUA			V CX WORX					
16H30			16H30			16H30			16H30			16H30			16H30			16H30		
V BODYBALANCE									V BODYPUMP						V BODYPUMP V RPM					
17H30			17H30			17H30			17H30			17H30			17H30			17H30		
LesMILLS BODYPUMP V RPM AQUA GYM			CAF			PILATES niv 1 V RPM AQUABIKE			HBX BOXING			V BODYBALANCE V RPM								
18H30			18H30			18H30			18H30			18H30			18H30			18H30		
LesMILLS BODYSTEP V RPM AQUABIKE			HILLOW			TRX			LesMILLS RPM AQUABOXE			ZUMBA FLEX			BOXE ANGLAISE			V BODYCOMBAT V RPM		
19H30			19H30			19H30			19H30			19H30			19H30			19H30		
LesMILLS BODYBALANCE V RPM			CROSS TRAINING			V RPM									V BODYPUMP V RPM					
															20H30			20H30		
															V CX WORX					