



LUNDI				MARDI				MERCREDI			
O'TOP salle 1	O'TOP RPM	O'TOP PISCINE	OPEN CLUB	O'TOP salle 1	O'TOP RPM	O'TOP PISCINE	OPEN CLUB	O'TOP salle 1	O'TOP RPM	O'TOP PISCINE	OPEN CLUB
						8h15 Aqua GYM					
9h15 GYM TRAD	9h15 RPM	9h15 Aqua GYM	9h15 PILATES	9h15 BODYBALANCE	9h15 RPM	9h15 Aqua BIKE	9h15 CAF	9h15 CAF	9h15 RPM	9h15 Aqua GYM	
10h15 niv 1 PILATES	10h15 RPM	10h15 Aqua BIKE	10h15 GYM TRAD	10h15 niv 2 PILATES	10h15 RPM	10h15 Dynamik Aqua	10h15 niv 2 PILATES	10h15 STRETCH	10h30 RPM	10h15 Aqua BIKE	
12h30 BODYPUMP	12h30 RPM	12h30 Aqua BIKE	12h30 HIIT 30'	12h30 BODYCOMBAT	12h30 RPM	12h30 Aqua GYM	12h30 BODYPUMP	12h30 BODYCOMBAT	12h30 RPM	12h30 Aqua BIKE	12h30 niv 1 PILATES
		14h00 Sage-Femme				14h00 KINE					
14h15 BODYBALANCE	14h30 RPM			14h15 BODYPUMP				14h15 BODYBALANCE	14h30 RPM		
15h15 BODYCOMBAT	15h30 RPM	15h15 Aqua GYM		15h15 niv 2 PILATES	15h15 RPM			15h15 BODYPUMP	15h30 RPM	15h15 Aqua BIKE	
	16h30 RPM			16h30 SH'BAM				16h30 BODYCOMBAT			
17h30 BODYATTACK	17h30 RPM	17h30 Aqua BIKE	17h30 Deb STEP	17h30 BODYCOMBAT	17h30 RPM	17h30 Aqua BOXE	17h30 HIIT 30'	17h30 BODYBALANCE	17h30 RPM	17h30 Aqua GYM	
18h30 BODYPUMP	18h30 RPM	18h30 Aqua BIKE	18h30 ZUMBA	18h30 CAF	18h30 RPM	18h30 Dynamik Aqua	18h30 niv 1 PILATES	18h30 Deb STEP		18h30 Aqua BIKE	18h30 BODYPUMP
19h30 BODYBALANCE	19h30 niv 2 RPM	19h30 Dynamik Aqua	19h30 niv 2 PILATES	19h30 BODYJAM	19h30 RPM	19h30 Aqua BIKE		19h30 BODYPUMP	19h30 RPM	19h30 Aqua BIKE	

JEUDI				VENDREDI				SAMEDI			
O'TOP salle 1	O'TOP RPM	O'TOP PISCINE	OPEN CLUB	O'TOP salle 1	O'TOP RPM	O'TOP PISCINE	OPEN CLUB	O'TOP salle 1	O'TOP RPM	O'TOP PISCINE	OPEN CLUB
						8h15 Aqua GYM					
9h15 Deb STEP	9h15 LES MILLS RPM	9h15 Aqua BIKE		9h15 niv 1 PILATES	9h15 LES MILLS RPM	9h15 Aqua BIKE	9h15 HIIT 30'	9h30 'top CAF	9h30 LES MILLS RPM	9h30 Aqua GYM	9h30 'top STRETCH
10h15 LES MILLS BODYPUMP	10h30 LES MILLS RPM	10h15 Aqua GYM	10h15 niv 1 PILATES	10h15 'top GYM TRAD	10h15 LES MILLS RPM	10h15 Aqua GYM	10h15 'top STRETCH	10h30 BODYCOMBAT™	10h30 LES MILLS RPM	10h30 Aqua BIKE	10h30 niv 1 PILATES
		11h15 Aqua BOXE						11h30 BODYBALANCE™			
12h30 LES MILLS BODYBALANCE	12h30 LES MILLS RPM	12h30 Dynamik Aqua	12h30 'top CAF	12h30 SH'BAM™	12h30 LES MILLS RPM	12h30 Aqua BIKE		12h30 BODYPUMP™	12h30 LES MILLS RPM		
						14h00 Sage-Femme		13h30 SH'BAM™			
14h15 CXWORX™								14h30 BODYCOMBAT™	14h30 LES MILLS RPM		
15h15 niv 2 PILATES	15h15 LES MILLS RPM			15h15 BODYCOMBAT™	15h25 LES MILLS RPM	15h15 Dynamik Aqua		15h30 CXWORX™			
16h30 BODYBALANCE™				16h30 BODYPUMP™				16h30 BODYPUMP™	16h30 LES MILLS RPM		
17h30 LES MILLS BODYPUMP	17h30 LES MILLS RPM	17h30 Aqua GYM		17h30 niv 1 PILATES	17h30 LES MILLS RPM	17h30 Aqua BIKE		17h30 BODYBALANCE™	17h30 LES MILLS RPM		
18h30 LES MILLS BODYATTACK	18h30 LES MILLS RPM	18h30 Aqua BIKE	18h30 niv 2 PILATES	18h30 LES MILLS BODYCOMBAT	18h30 LES MILLS RPM	18h30 Dynamik Aqua	18h30 ZUMBA FITNESS	18h30 BODYCOMBAT™	18h30 LES MILLS RPM		
19h30 niv 1 PILATES	19h30 LES MILLS RPM	19h30 Aqua BOXE	19h30 HILOW		19h30 LES MILLS RPM			19h30 BODYPUMP™	19h30 LES MILLS RPM		
								20h30 CXWORX™	20h30 LES MILLS RPM		



Dimanche

O'TOP salle 1	O'TOP RPM	O'TOP PISCINE	OPEN CLUB
9h30 LES MILLS CXWORX™	9h30 LES MILLS RPM™	9h30 Aqua GYM	
10h30 LES MILLS BODYPUMP™	10h30 LES MILLS RPM™	10h30 Aqua BIKE	
11h30 LES MILLS BODYBALANCE™		11h30 Aqua BIKE	
12h30 LES MILLS BODYCOMBAT™	12h30 LES MILLS RPM™		
13h30 LES MILLS CXWORX™			
14h30 LES MILLS SH'BAM™	15h00 LES MILLS RPM™		
15h30 LES MILLS BODYPUMP™	16h00 LES MILLS RPM™		
16h30 LES MILLS BODYCOMBAT™	17h00 LES MILLS RPM™		
17h30 LES MILLS CXWORX™	18h00 LES MILLS RPM™		
18h30 LES MILLS BODYPUMP™	19h00 LES MILLS RPM™		
19h30 LES MILLS BODYBALANCE™	20h00 LES MILLS RPM™		
20h30 LES MILLS BODYCOMBAT™	21h00 LES MILLS RPM™		