

### Lundi

|                |       |
|----------------|-------|
| AQUA GYM       | 09H00 |
| PILATES        | 10H00 |
| AQUA BIKE      | 10H30 |
| YOGA           | 11H00 |
| AQUA BIKE      | 12H30 |
| RENFO MUSCU    | 12H30 |
| CROSS TRAINING | 17H30 |
| AQUA BOXING    | 18H30 |
| BIKE           | 18H30 |
| AQUA TRAINING  | 19H30 |
| MOBILITÉ       | 19H30 |

### Mardi

|                |       |
|----------------|-------|
| AQUA BIKE      | 09H00 |
| RENFO MUSCU    | 09H30 |
| AQUA GYM       | 10H30 |
| CROSS TRAINING | 10H30 |
| AQUA BOXING    | 12H30 |
| BIKE           | 12H30 |
| RENFO MUSCU    | 17H30 |
| AQUA GYM       | 18H30 |
| CROSS TRAINING | 18H30 |
| AQUA BIKE      | 19H30 |
| MOBILITÉ       | 19H30 |

### Mercredi

|                |       |
|----------------|-------|
| AQUA TRAINING  | 09H15 |
| PILATES        | 09H30 |
| AQUA GYM       | 10H30 |
| BIKE           | 10H30 |
| AQUA GYM       | 12H30 |
| REFORMER       | 12H30 |
| CROSS TRAINING | 17H30 |
| REFORMER       | 17H30 |
| AQUA BIKE      | 18H30 |
| PILATES        | 18H30 |
| AQUA GYM       | 19H30 |
| CROSS TRAINING | 19H30 |

### Jeudi

|                |       |
|----------------|-------|
| AQUA BIKE      | 09H30 |
| AQUA BOXING    | 10H30 |
| RENFO MUSCU    | 11H30 |
| CROSS TRAINING | 12H30 |
| AQUA GYM       | 17H30 |
| AQUA BOXING    | 18H30 |
| BIKE           | 19H30 |

### Vendredi

|                  |       |
|------------------|-------|
| MOBILITÉ         | 09H00 |
| AQUA GYM         | 10H00 |
| AQUA TRAINING    | 11H00 |
| CROSS TRAINING   | 12H30 |
| AQUA GYM         | 17H30 |
| RENFO MUSCULAIRE | 18H30 |