

PLANNING PUREFORM - A partir 6 JANVIER 2020 -

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI					
	FITNESS/ZEN	AQUA	FITNESS/ZEN	AQUA	FITNESS/ZEN	AQUA	FITNESS	ZEN	AQUA	FITNESS/ZEN	AQUA	FITNESS / ZEN		AQUA		
9h 30	BODY SCULPT	AQUA SCULPT	LES MILLS BODYPUMP	AQUA BIKE	LES MILLS RPM	AQUA FIT	FIT TRAINING	PILATES	AQUA TRAINING	CAF	LES MILLS AQUADYNAMIC	LES MILLS BODYPUMP	AQUA FIT	9h 30		
10h 30	FIT BALANCE	LES MILLS AQUADYNAMIC	STRETCH POST NIV 1	AQUA MINCEUR	QI QONG CROSS TRAINING 5 - 7 ans	AQUA COOL		YOGA	AQUA MINCEUR	STRETCH POST NIV 2	AQUA COOL	LES MILLS RPM	LES MILLS AQUADYNAMIC	10h 30		
11h 30	PILATES	AQUA COOL	STRETCH	NAGE LIBRE	YOGA DEBUTANT	NAGE LIBRE			AQUA COOL		NAGE LIBRE	STRETCH H	CROSS T,	AQUA BIKE	11h 30	
12h 30		NAGE LIBRE							NAGE LIBRE					12h 30		
13h 30		AQUA BIKE	BODY SCULPT	LES MILLS AQUADYNAMIC		AQUA MINCEUR	HITT TRAINING		AQUA FIT	FIT BALANCE	AQUA SCULPT			13h 30		
14h 30		NAGE LIBRE		NAGE LIBRE		NAGE LIBRE			NAGE LIBRE		NAGE LIBRE		NAGE LIBRE	14h 30		
15h 30				AQUA BIKE SENIOR					AQUA BIKE SENIOR							15h 30
16h 30				NAGE LIBRE						NAGE LIBRE						
17h 30		natation kids		natation kids	CROSS TRAINING 8 - 13ans	natation kids			natation kids		natation kids			17h 30		
18h 30	LES MILLS RPM	AQUA BIKE	BODY SCULPT CROSS T,	AQUA SCULPT	YOGA DEBUTANT CROSS T,	LES MILLS AQUADYNAMIC	LES MILLS BODYPUMP		AQUA MINCEUR	LES MILLS RPM	LES MILLS AQUADYNAMIC			18h 30		
19h 30	LES MILLS BODYPUMP	CROSS TRAINING	STEP	LES MILLS AQUADYNAMIC	LES MILLS RPM	AQUA FIT	FIT BALANCE	CROSS TRAINING	AQUA BIKE					19h 30		
20h 30			KUDUROFIT		CAF STRETCH									20h 30		

Accès plateaux renforcement musculaire et cardio-training 7j/7 6h00 - 22h00

Horaires Accueil : Lundi au Jeudi 8h30-19h30 / Vendredi 8h30-18h00 / Samedi 8h30-18h00

Horaires SPA : Lundi au jeudi 9h00 - 19h45/ Vendredi 9h00 - 19h00 / Samedi 9h00 - 18h00

Venez sans complexe, on s'occupe du reste !

www.centrepureform.com

Cours sur réservation : RPM - AQUABIKE - AQUABIKE SENIOR - CROSS TRAINING

Céline Bastien Steve Sophie Sabrina Micka