

PLANNING PUREFORM A PARTIR 7 JANVIER 2019

	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	QI QONG	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	AQUA COOL	LES MILLS RPM	YOGA	AQUA MINCEUR	STRETCH POST NIV 2	AQUA COOL	LES MILLS RPM	LES MILLS AQUADYNAMIC	10h 30
11h 30	PILATES	AQUA COOL			CROSS TRAINING 5 - 7 ans				AQUA COOL			STRETCH H	CROSS T,	AQUA BIKE
12h 30		AQUA BIKE	BODY SCULPT	LES MILLS AQUADYNAMIC	LES MILLS RPM	AQUA MINCEUR	HITT TRAINING		AQUA FIT	PILATES	AQUA SCULPT			12h 30
13h 30					CROSS TRAINING 8 - 13ans									13h 30
14h 30	STRETCH			AQUA BIKE SENIOR	ZUMBA KIDS 5 - 11 ans				AQUA BIKE SENIOR					14h 30
15h 30														15h 30
16h 30						natation kids								16h 30
17h 30		natation kids		natation kids		natation kids			natation kids		natation kids			17h 30
18h 30	LES MILLS RPM	AQUA BIKE	BODY SCULPT	AQUA SCULPT	FIT BALANCE	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	CROSS TRAINING				19h 30
20h 30			ZUMBA FITNESS		BODY SCULPT									20h 30

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

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

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

Céline Bastien Steve Sophie Sabrina Micka

Venez sans complexe, on s'occupe du reste !

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