

PLANNING PUREFORM SEPTEMBRE 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	LES MILLS AQUADYNAMIC	LES MILLS BODYPUMP	AQUA BIKE	QI QONG	AQUA FIT	FIT TRAINING	PILATES Niveau 2	AQUA TRAINING	CAF	LES MILLS AQUADYNAMIC	LES MILLS BODYPUMP	AQUA FIT
10h 30	FIT BALANCE	AQUA SCULPT	STRETCHING	AQUA MINCEUR	LES MILLS RPM	AQUA DOUCE	LES MILLS RPM	YOGA Niveau 2	AQUA MINCEUR	STRETCH POSTURAL II	AQUA DOUCE	LES MILLS RPM	LES MILLS AQUADYNAMIC
11h 30	PILATES Niveau 1	AQUA DOUCE	STRETCH POSTURAL I	NAGE LIBRE	GYM DOUCE	NAGE LIBRE			AQUA DOUCE		NAGE LIBRE	STRETCHING	AQUA BIKE
12h 30		NAGE LIBRE							NAGE LIBRE			CROSS TRAINING	
13h 30		AQUA BIKE	BODY SCULPT	LES MILLS AQUADYNAMIC	CAF	AQUA MINCEUR	FIT BALANCE		AQUA FIT	HIIT TRAINING	AQUA SCULPT		NAGE LIBRE
14h 30		NAGE LIBRE		NAGE LIBRE		NAGE LIBRE			NAGE LIBRE		NAGE LIBRE		
15h 30				AQUA BIKE SENIORS					AQUA BIKE SENIORS				Natation KIDS
16h 30				NAGE LIBRE			NATATION KIDS		NAGE LIBRE				
17h 30	YOGA Niveau 1	NATATION KIDS		NATATION KIDS		NATATION KIDS			NATATION KIDS		NATATION KIDS		
18h 30	LES MILLS RPM	AQUA BIKE	FIT BALANCE	CROSS TRAINING	NAGE LIBRE	YOGA Niveau 1	LES MILLS AQUADYNAMIC	LES MILLS BODYPUMP	AQUA MINCEUR	LES MILLS RPM	LES MILLS AQUADYNAMIC		
19h 30	LES MILLS BODYPUMP	CROSS TRAINING	BODY SCULPT	LES MILLS AQUADYNAMIC	LES MILLS RPM	AQUA FIT	CROSS TRAINING		AQUA BIKE				
20h 30	KUDURO		STEP		CROSS TRAINING								

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

Horaires accueil : Lundi au jeudi 8h30-19h30 / Vendredi 8h30-19h / Samedi 9h-18h

Cours sur réservation : RPM - Cross Training - Fit Training - Aqua Bike - Aqua Bike Seniors

Venez sans complexe, on s'occupe du reste !

www.centrepureform.com

Céline Sophie Bastien Steve Sabrina Severina