

PLANNING PUREFORM SEPTEMBRE

	LUNDI		MARDI		MERCREDI		JEUDI			VENDREDI		SAMEDI	
	FITNESS / ZEN	AQUA	FITNESS / ZEN	AQUA	FITNESS / ZEN	AQUA	FITNESS / ZEN	AQUA	ZEN	FITNESS / ZEN	AQUA	FITNESS / ZEN	AQUA
9h 30	BODY SCULPT	LES MILLS AQUADYNAMIC	LES MILLS BODYPUMP	AQUA BIKE	QI QONG 8H45	AQUA FIT	FIT TRAINING	AQUA TRAINING	PILATES	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	AQUA MINCEUR	YOGA Niveau 2	STRETCH POSTURAL II	AQUA DOUCE	LES MILLS RPM	LES MILLS AQUADYNAMIC
11h 30	PILATES	AQUA DOUCE	STRETCH POSTURAL I	PLATEAU	GYM DOUCE		PLATEAU	AQUA DOUCE		PLATEAU	PLATEAU	STRETCHING	AQUA BIKE
12h 30	PLATEAU	AQUA BIKE	BODY SCULPT	LES MILLS AQUADYNAMIC	CAF	AQUA MINCEUR	FIT BALANCE	AQUA FIT		HIIT TRAINING	AQUA SCULPT	CROSS TRAINING	
13h 30													
14h 30				AQUA BIKE SENIORS				AQUA BIKE SENIORS					
15h 30													Natation KIDS
16h 30						NATATION KIDS							
17h 30	YOGA Niveau 1	NATATION KIDS		NATATION KIDS		NATATION KIDS	PLATEAU	NATATION KIDS			NATATION KIDS		
18h 30	LES MILLS RPM	AQUA BIKE	CROSS TRAINING	PLATEAU	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 renforcement musculaire et cardio-training 7j/7 6h00 - 22h00

Horaires Accueil : Lundi au Jeudi 8h30-19h30 / Vendredi 8h30-19h / Samedi 9h-18h

Venez sans complexe, on s'occupe du reste !

www.centrepureform.com

Céline Sophie Bastien Steve Pauline Sabrina