

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | DIMANCHE |
|--|--|---|--|--|--|
| PISCINE 10h00 (45') AQUASOFT | STUDIO 1 09h00 (55') YIN YOGA | STUDIO 1 09h30 (55') PILATES 2 | STUDIO 1 10h30 (55') PILATES FLOW | | |
| STUDIO 1 10h45 (45') LES MILLS BODYBALANCE | STUDIO 1 11h15 (45') ÉTIREMENTS | STUDIO 1 10h30 (45') ÉTIREMENTS | PISCINE 11h00 (45') AQUASOFT | | |
| | | STUDIO 1 12h00 (55') PILATES 1 | STUDIO 1 11h30 (55') LES MILLS BODYBALANCE | STUDIO 1 12h15 (45') ÉTIREMENTS | STUDIO 1 12h00 (55') LES MILLS BODYBALANCE |
| STUDIO 1 17h00 (55') YOGA HATHA | STUDIO 2 18h00 (55')* PILATES 2 | | STUDIO 1 16h00 (55') SOPHROLOGIE | | |
| STUDIO 1 18h00 (55') YOGA VINYASA | STUDIO 1 18h30 (55') LES MILLS BODYBALANCE | | STUDIO 1 17h00 (55') PILATES 3 | | |
| | STUDIO 2 19h00 (55')* PILATES 2 | | STUDIO 1 18h00 (55') PILATES 1 | | |
| | STUDIO 2 20h00 (55')* PILATES 1/2 | STUDIO 1 20h00 (55') YIN YOGA | STUDIO 2 18h00 (25') ÉTIREMENTS | | |
| | | | STUDIO 2 19h00 (30') PILATES ACCESS 2 | STUDIO 1 19h15 (45') LES MILLS BODYBALANCE | |

* Ces 3 cours font partis d'un abonnement spécifique Pilates. Se renseigner à l'accueil pour plus d'informations.