

Activités sportives et bien-être - Centre Aqua Santé

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
PILATES 9H15	YOGA DOUX 9H	GYM DOUCE 9H	PILATES 9H15		
STRETCHING 10H15		YOGA TRADITIONNEL 10H	CIRCUIT TRAINING 10H15		
	CIRCUIT TRAINING 12H15				
	RANDO RENFO 14H				
	CIRCUIT TRAINING 17H30				
PILATES 18H	CIRCUIT TRAINING 18H30	CIRCUIT TRAINING 18H10	PILATES 18H		
		YOGA TRADITIONNEL 19H30	PILATES 19H		