

Activités sportives et bien-être - Centre Aqua Santé

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h	PILATES 9H15	YOGA DOUX 9H		PILATES 9H		
10h	STRETCHING 10H15		YOGA TRADITIONNEL 10H	GYM DOUCE 10H		
11h						
12h		CIRCUIT TRAINING 12H15				
13h						
14h						
15h						
16h						
17h		CIRCUIT TRAINING 17H30				
18h		CIRCUIT TRAINING 18H30	CIRCUIT TRAINING 18H	PILATES 18H		
19h				PILATES 19H		
20h						