

Activités sportives et bien-être - Centre Aqua Santé

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h	PILATES 9H15	YOGA DOUX 9H	GYM DOUCE 9H	PILATES 9H15		
10h	STRETCHING 10H15	QI GONG 10H	YOGA TRADITIONNEL 10H	CIRCUIT TRAINING 10H15		
11h			QI GONG 11H15			
12h		CIRCUIT TRAINING 12H15				
13h						
14h		RANDO RENFO 14H				
15h						
16h						
17h		CIRCUIT TRAINING 17H30				
18h	PILATES 18H	CIRCUIT TRAINING 18H30	CIRCUIT TRAINING 18H10	PILATES 18H		
19h		QI GONG 19H45	YOGA TRADITIONNEL 19H30	PILATES 19H		
20h						