

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

PISCINE
09h15-10h00
Aqua Gym

TRAINING ZONE
10h00-10h45
Balance FLEX

PISCINE
10h15-11h00
Aqua Boxing

TRAINING ZONE
10h45-11h30
Body Sculpt

RIDE ZONE
12h15-12h45
Ride

PISCINE
12h30-13h15
Aqua Bike

BOX CROSSFIT
12h30-13h30
WOD CROSSFIT

PISCINE
17h30-18h15
Aqua Minceur

BOX CROSSFIT
18h00-19h00
WOD CROSSFIT

TRAINING ZONE
18h15-19h00
Balance FLEX

TRAINING ZONE
19h00-19h30
Lift

TRAINING ZONE
19h30-20h15
Attack

PISCINE
19h30-20h15
Aqua Bike

BOX CROSSFIT
20h00-21h00
WOD CROSSFIT

TRAINING ZONE
20h15-21h00
Matador Danse & Sport

PISCINE
09h30-10h15
Aqua Bike

TRAINING ZONE
10h00-11h00
Yoga

RIDE ZONE
10h15-11h00
Ride

TRAINING ZONE
11h00-11h45
Pilates

PISCINE
11h00-11h45
Aqua Gym

PISCINE
12h15-12h45
Aqua Boxing

TRAINING ZONE
12h30-13h15
Core Training

PISCINE
17h30-18h15
Aqua Gym

TRAINING ZONE
18h00-18h30
HIIT Workout

BOX CROSSFIT
18h00-19h00
WOD CROSSFIT

TRAINING ZONE
18h30-19h15
Combat

PISCINE
18h30-19h15
Aqua Bike

BOX CROSSFIT
19h00-20h00
WOD CROSSFIT

TRAINING ZONE
19h30-20h15
Pump

RIDE ZONE
19h30-20h15
Ride

BOX CROSSFIT
20h00-21h00
WOD CROSSFIT

TRAINING ZONE
20h15-21h00
Balance FORCE

PISCINE
20h15-21h00
Aqua Minceur

TRAINING ZONE
09h30-10h15
Core Training

PISCINE
10h00-11h00
Aqua Minceur

TRAINING ZONE
11h00-11h45
Stretching

PISCINE
11h00-11h45
Aqua Boxing

TRAINING ZONE
12h15-12h45
100% Abdos

TRAINING ZONE
12h45-13h15
Attack

PISCINE
18h00-18h45
Aqua Bike

BOX CROSSFIT
18h00-19h00
WOD CROSSFIT

TRAINING ZONE
18h15-18h45
Lift

TRAINING ZONE
18h45-19h15
Mobility

PISCINE
19h00-19h45
Aqua Gym

BOX CROSSFIT
19h00-20h00
WOD CROSSFIT

TRAINING ZONE
19h15-20h00
Zumba

RIDE ZONE
19h45-20h30
Ride

BOX CROSSFIT
20h00-21h00
WOD CROSSFIT

TRAINING ZONE
20h00-20h30
Booty Training

PISCINE
09h45-10h30
Aqua Gym

TRAINING ZONE
10h00-10h45
Body Sculpt

TRAINING ZONE
10h45-11h30
Gym Posturale

PISCINE
10h45-11h30
Aqua Bike

TRAINING ZONE
12h15-13h00
Balance FORCE

RIDE ZONE
12h30-13h15
Ride

TRAINING ZONE
17h30-18h15
Core Training

TRAINING ZONE
18h15-19h00
Zumba

PISCINE
18h15-19h00
Aqua Boxing

TRAINING ZONE
19h00-20h00
Yoga

PISCINE
19h15-20h00
Aqua Bike

BOX CROSSFIT
20h00-21h00
WOD CROSSFIT

TRAINING ZONE
20h00-20h45
Combat

TRAINING ZONE
10h00-10h45
Mobility

PISCINE
10h00-10h45
Aqua Bike

PISCINE
11h00-11h45
Aqua Minceur

PISCINE
12h15-13h00
Aqua Gym

TRAINING ZONE
12h30-13h15
Stretching

TRAINING ZONE
17h30-18h15
Pilates

BOX CROSSFIT
18h00-19h00
WOD CROSSFIT

PISCINE
18h15-19h00
Aqua Bike

TRAINING ZONE
18h30-19h15
Pump

BOX CROSSFIT
19h00-20h00
WOD CROSSFIT

TRAINING ZONE
19h15-20h00
Balance FORCE

PISCINE
19h15-20h00
Aqua Gym

BOX CROSSFIT
20h00-21h00
WOD CROSSFIT

TRAINING ZONE
20h00-20h30
HIIT Workout

ST-GENÈS

PLANNING 2021 - 2022

PISCINE
10h15-11h00
Aqua Gym

BOX CROSSFIT
11h00-12h00
WOD CROSSFIT

TRAINING ZONE
11h15-12h00
Balance FLEX

PISCINE
12h15-13h00
Aqua Bike

PISCINE
10h15-11h00
Aqua Bike

PISCINE
11h15-12h00
Aqua Gym

TRAINING ZONE
12h15-13h00
Pump



HORAIRE D'OUVERTURE
LUNDI AU VENDREDI 08h30 - 21h30
SAMEDI 10h00 - 18h00
DIMANCHE 10h00 - 14h00

