

# Le planning des cours **Aqua** et **Gym Bien-Être**

🕒	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
8:30	Aquagym					
9:00		Pilates				
9:25	Aquagym			Aquabike		
10:00		Stretching				
10:15						
10:20	Aquabike			Aquagym	Aquagym	
11:00		Hatha Yoga				
11:15					Aquabike	
12:00						
12:15	Aquabike	Aquagym	Aguasophro	Aquafitness	Aquabike	Aquabike
12:15	Pilates	Pilates	Hypno Relaxation	Cuisses abdos fessiers	Hatha Yoga	
17:00						
17:20	Aqua Zen	Aquafitness	Aguasophro	Aquatraining	Aquabike	
17:20					Cardio training	
18:00	Pilates					
18:10					Mobility Flow	
18:15	Aquafitness	Aquabike		Aquafitness	Aquatraining	
18:15				Fitness Corps entier		
18:30			Aquafitness			
19:00			Ashtanga Yoga			
19:10	Aquabike	Aquatraining		Aquabike	Aquafitness	
19:15	Cuisses abdos fessiers	Pilates		Stretching	Pilates	