

VOTRE PLANNING WELLNESS

ESPACE FITNESS

	LUNDI Monday	MARDI Tuesday	MERCREDI Wednesday	JEUDI Thursday	VENDREDI Friday	SAMEDI Saturday	DIMANCHE Sunday
08:45		8h45 DOS-ABDOS 30'			8h45 PILATES 45'		
09:00				8h45 YOGA 75'			
09:15	9h15 PILATES 45'		9h15 CROSS TRAINING 45'				
09:30							9h30 YOGALATES 45'
09:45						9h30 YOGA 75'	
10:00		9h45 YOGA 75'			10h00 STRETCHING 45'		
10:15	10h15 STRETCHING 60'		10h15 YOGALATES 45'	10h15 DOS-ABDOS 30'			
10:30							10h30 CROSS TRAINING 45'
10:45							
11:00						11h00 PILATES 45'	
11:15							
11:30							
18:15	18h15 YOGALATES 45'						
18:30		18h15 YOGA 75'					
18:45				18h30 PILATES 60'			
19:00	19h00 STRETCHING 30'						
19:15							

ESPACE AQUATIQUE

	LUNDI Monday	MARDI Tuesday	MERCREDI Wednesday	JEUDI Thursday	VENDREDI Friday	SAMEDI Saturday	DIMANCHE Sunday
07:30							
08:15		NAGE LIBRE			NAGE LIBRE	NAGE LIBRE	NAGE LIBRE
08:30	NAGE LIBRE		NAGE LIBRE	NAGE LIBRE			
08:45		8h45 AQUA BOXING 45'			8h45 AQUA BIKING 45'	8h45 AQUA SLIM 45'	8h45 AQUA PILATES 45'
09:00							
09:15	9h15 AQUA PILATES 45'		9h15 AQUA SLIM 45'	9h15 AQUA POWER 45'			
09:30		NAGE LIBRE			NAGE LIBRE	NAGE LIBRE	NAGE LIBRE
09:45		9h45 AQUA POWER 45'			9h45 AQUA SLIM 45'	9h45 AQUA BOXING 45'	9h45 AQUA BIKING 45'
10:00	NAGE LIBRE		NAGE LIBRE	NAGE LIBRE			
10:15	10h15 AQUA BIKING 45'		10h15 AQUA BIKING 45'	10h15 AQUA PILATES 45'			
10:30							
10:45		NAGE LIBRE			NAGE LIBRE	NAGE LIBRE	NAGE LIBRE
11:00	NAGE LIBRE		NAGE LIBRE	NAGE LIBRE			

RÉSERVATIONS
TERRE BLANCHE SPA