



PLANNING 2026

Cours collectifs

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30	GYM DOUCE	RENFO TONIC		PILATES	9h15 YOGA DOUX		
10h30	STRETCHING 30'	YOGA				CROSS TRAINING	ATLANTIC SCULPT
11h00	PILATES		GYM DOUCE	RENFO TONIC	STRETCHING		
						11h30	STRETCHING
12h30	ATLANTIC SCULPT	ULTIMATE CARDIO	ATLANTIC FLOW	BIKE XPRESS 30' & ABDOS 15'	CROSS TRAINING 30'		
17h30	ATLANTIC FLOW FIT'BIKE	CROSS TRAINING	RENFO TONIC	CORE TRAINING	ATLANTIC SCULPT		
18h30	RENFO TONIC	ULTIMATE CARDIO FIT'BIKE	ATLANTIC SCULPT FIT'BIKE	CARDIO COMBAT	ATLANTIC FLOW		
19h30	STEP	ATLANTIC FLOW	ATLANTIC DANCE	PILATES			

Espace aquatique

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30		AQUABIKE	AQUAGYM		AQUABIKE	AQUAGYM	AQUAGYM
10h30	AQUAGYM	AQUASPEED	AQUACIRCUIT 30'	AQUACIRCUIT 30'	AQUAGYM		
11h30	AQUABIKE	AQUAGYM		AQUASPEED		AQUABIKE	
12h30		AQUABIKE					
17h30	AQUAGYM				AQUASPEED		
18h30	AQUASPEED	AQUAGYM	AQUABIKE	AQUABIKE	AQUAGYM		
19h30		AQUASPEED	AQUASPEED	AQUAGYM			

Horaires : Lundi - Vendredi **9h-20h30** • Samedi et Dimanche **9h-13h**