



# Planning – 1er septembre au 18 décembre 2026

| Lundi                                   |                                    |                                    |                                    | Mardi                              |                                      |                                           |                                    | Mercredi |                                   |                                   |                                      | Jeudi                            |                                      |                                    |                                   | Vendredi                         |                                    |                                      |                                      | Samedi                           |            |          |         |
|-----------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|--------------------------------------|-------------------------------------------|------------------------------------|----------|-----------------------------------|-----------------------------------|--------------------------------------|----------------------------------|--------------------------------------|------------------------------------|-----------------------------------|----------------------------------|------------------------------------|--------------------------------------|--------------------------------------|----------------------------------|------------|----------|---------|
| Studio 1                                | Studio RPM                         | Studio 3                           | Piscine                            | Studio 1                           | Studio RPM                           | Studio 3                                  | Piscine                            | Studio 1 | Studio RPM                        | Studio 3                          | Piscine                              | Studio 1                         | Studio RPM                           | Studio 3                           | Piscine                           | Studio 1                         | Studio RPM                         | Studio 3                             | Piscine                              | Studio 1                         | Studio RPM | Studio 3 | Piscine |
|                                         |                                    |                                    | Julien<br>AquaGym<br>8h30–9h       |                                    |                                      |                                           | Julien<br>AquaGym<br>8h30–9h       |          |                                   |                                   |                                      |                                  |                                      |                                    | Julien<br>AquaGym<br>8h30–9h      |                                  |                                    |                                      |                                      |                                  |            |          |         |
| Céline<br>Vithal Ball<br>9h–9h45        |                                    | Anthony<br>CAF<br>9h–9h45          | Julien<br>AquaTonic<br>9h15–9h45   | Anthony<br>Pilates<br>9h–9h45      |                                      | Céline<br>Gym Douce<br>9h–9h45            | Julien<br>AquaTonic<br>9h15–9h45   |          | Céline<br>Yoga<br>9h–9h45         | Romain<br>Pilates<br>9h–9h45      | Julien<br>AquaTonic<br>9h15–9h45     |                                  | Anthony<br>Pilates<br>9h–9h45        | Céline<br>Gym Douce<br>9h–9h45     | Julien<br>AquaTonic<br>9h15–9h45  |                                  |                                    | Céline<br>Yoga<br>9h–9h45            | Julien<br>AquaTonic<br>9h15–9h45     |                                  |            |          |         |
| Céline<br>Gym Posturale<br>10h–10h45    |                                    | Julien<br>Pilates<br>10h–10h45     | Anthony<br>AquaPower<br>10h–10h30  | Julien<br>Yoga<br>10h–10h45        |                                      | Céline<br>Stretch<br>10h–10h45            | Romain<br>AquaBike<br>10h–10h30    |          |                                   |                                   | Céline<br>Gym Posturale<br>10h–10h45 | Romain<br>AquaPower<br>10h–10h30 |                                      | Céline<br>Stretch<br>10h–10h45     | Antoine<br>Hatha Yoga<br>10h–11h  | Julien<br>AquaBike<br>10h–10h30  |                                    | Anthony<br>Pilates<br>10h–10h45      | Céline<br>Gym Posturale<br>10h–10h45 | Julien<br>AquaPower<br>10h–10h30 |            |          |         |
|                                         |                                    | Camille<br>Hatha Yoga<br>11h–11h45 | Romain<br>ASSO RDMC<br>10h45–11h15 | Céline<br>Sport Santé<br>11h–11h45 |                                      | Anthony<br>CAF<br>11h–11h45               | Romain<br>ASSO RDMC<br>10h45–11h15 |          |                                   | Anthony<br>RPM<br>11h–11h45       | Céline<br>Yoga Stretch<br>11h–11h45  | Kiné<br>10h45–11h45              |                                      |                                    | Anthony<br>CAF<br>11h–11h45       | Kiné<br>10h45–11h45              |                                    |                                      | Anthony<br>Stretch<br>11h–11h45      |                                  |            |          |         |
|                                         |                                    |                                    | Céline<br>AquaBike<br>12h–12h30    |                                    |                                      |                                           | Anthony<br>AquaBike<br>12h–12h30   |          |                                   |                                   |                                      | Julien<br>AquaBike<br>12h–12h30  |                                      |                                    |                                   | Céline<br>AquaBike<br>12h–12h30  |                                    |                                      |                                      | Romain<br>AquaBike<br>12h–12h30  |            |          |         |
|                                         | Julien<br>RPM<br>12h30–13h15       | Romain<br>CORE<br>12h30–13h15      | Anthony<br>AquaBike<br>12h30–13h   |                                    | Romain<br>Shapes<br>12h30–13h15      | Julien<br>BODYPUMP<br>12h30–13h15         | Anthony<br>AquaBike<br>12h30–13h   |          | Anthony<br>Pilates<br>12h30–13h15 | Romain<br>CORE<br>12h30–13h15     | Julien<br>AquaFit<br>12h30–13h       |                                  | Romain<br>BODYBALANCE<br>12h30–13h15 | Anthony<br>BODYPUMP<br>12h30–13h15 | Céline<br>AquaBike<br>12h30–13h   |                                  | Julien<br>BODYPUMP<br>12h30–13h15  | Anthony<br>Pilates<br>12h30–13h15    | Romain<br>AquaFit<br>12h45–13h15     |                                  |            |          |         |
|                                         |                                    |                                    | Aqua Vithal<br>13h–17h30           |                                    |                                      |                                           | Kiné<br>13h30–14h30                |          |                                   |                                   |                                      | Aqua Vithal<br>13h–16h30         |                                      |                                    |                                   | Aqua Vithal<br>13h–16h           |                                    |                                      |                                      |                                  |            |          |         |
|                                         |                                    |                                    |                                    |                                    |                                      |                                           |                                    |          |                                   |                                   |                                      |                                  |                                      |                                    |                                   |                                  |                                    |                                      |                                      |                                  |            |          |         |
|                                         |                                    |                                    |                                    |                                    |                                      |                                           |                                    |          |                                   |                                   |                                      |                                  |                                      |                                    |                                   |                                  |                                    |                                      |                                      |                                  |            |          |         |
|                                         |                                    |                                    | Anthony<br>AquaBike<br>17h30–18h   |                                    |                                      | Julien<br>Body Jam<br>17h30–18h15         |                                    |          |                                   | Anthony<br>CAF<br>17h30–18h15     | Julien<br>AquaBike<br>17h30–18h      |                                  |                                      | Julien<br>Pilates<br>17h30–18h15   |                                   |                                  |                                    |                                      |                                      |                                  |            |          |         |
|                                         |                                    |                                    | Julien<br>AquaBike<br>18h15–18h45  |                                    |                                      |                                           | Céline<br>AquaBike<br>18h30–19h    |          |                                   |                                   | Céline<br>AquaBike<br>18h15–18h45    |                                  |                                      |                                    | Julien<br>BODYPUMP<br>18h30–19h15 | Anthony<br>AquaBike<br>18h30–19h |                                    |                                      |                                      |                                  |            |          |         |
| Camille<br>Ashtanga Yoga<br>18h30–19h15 | Romain<br>RPM<br>18h30–19h15       | Anthony<br>STEP<br>18h30–19h15     | Julien<br>AquaTonic<br>19h–19h30   |                                    | Romain<br>BODYBALANCE<br>18h30–19h15 | Julien<br>CAF<br>18h30–19h15              | Céline<br>AquaBike<br>19h15–19h45  |          | Romain<br>Shapes<br>18h30–19h15   | Julien<br>Body Jam<br>18h30–19h15 | Céline<br>AquaTonic<br>19h–19h30     |                                  | Céline<br>Pilates<br>18h30–19h15     |                                    |                                   |                                  | Anthony<br>BODYPUMP<br>18h30–19h15 | Antoine<br>Hatha Yoga<br>18h30–19h30 | Romain<br>AquaBike<br>18h15–18h45    |                                  |            |          |         |
| Romain<br>BODYBALANCE<br>19h30–20h15    | Anthony<br>BODYPUMP<br>19h30–20h15 | Julien<br>AquaFit<br>19h45–20h15   |                                    | Romain<br>Pilates<br>19h30–20h15   |                                      | Julien<br>Circuit Training<br>19h30–20h15 |                                    |          | Julien<br>Pilates<br>19h30–20h15  | Romain<br>RPM<br>19h30–20h15      | Anthony<br>BODYATTACK<br>19h30–20h15 |                                  | Céline<br>Hatha Yoga<br>19h30–20h15  |                                    |                                   |                                  |                                    |                                      |                                      |                                  |            |          |         |

**PLANNING VARIABLE**  
consultable sur l'application Deci+

Aqua Vithal  
11h15–17h45

PLANNING VARIABLE  
consultable sur l'application Deci+

Aqua Vithal  
11h15–17h45

- Cours fitness

Cours bien-être

Cours santé

Kinésithérapeute
- Cours en piscine

Associations

Natation

Piscine libre

Besoin d'informations complémentaires ?  
Contactez-nous au 05 55 922 922