

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 AquaGym 8h30-9h				Julien AquaGym 8h30-9h				Julien AquaGym 8h30-9h				Julien AquaGym 8h30-9h									
Céline Vital Ball 9h-9h45	Anthony CAF 9h-9h45	Julien AquaTonic 9h15-9h45		Chloé Pilates 9h-9h45		Céline Gym Douce 9h-9h45	Julien AquaTonic 9h15-9h45		Céline Yoga 9h-9h45	Chloé Pilates 9h-9h45	Julien AquaTonic 9h15-9h45	Anthony Pilates 9h-9h45		Céline Gym Douce 9h-9h45	Julien AquaTonic 9h15-9h45			Céline Yoga 9h-9h45	Julien AquaTonic 9h15-9h45					
Chloé Gym Posturale 10h-10h45	Julien Pilates 10h-10h45	Anthony AquaPower 10h-10h30		Julien Yoga 10h-10h45		Chloé Stretch 10h-10h45	Céline AquaBike 10h-10h30				Céline Gym Posturale 10h-10h45	Anthony AquaPower 10h-10h30		Antoine Hatha Yoga 10h-11h	Julien AquaBike 10h-10h30		Anthony Pilates 10h-10h45	Céline Gym Posturale 10h-10h45	Julien AquaPower 10h-10h30					
		Anthony ASO RDMC 10h45-11h15				Chloé CAF 11h-11h45	Anthony ASO RDMC 10h45-11h15			Anthony LES MILLS RPM 11h-11h45	Céline Yoga Stretch 11h-11h45	Kiné 10h45-11h45		Anthony CAF 11h-11h45	Kiné 10h45-11h45			Chloé Stretch 11h-11h45	Céline Sport Santé 11h-11h45					
		Céline AquaBike 12h-12h30					Anthony AquaBike 12h-12h30					Julien AquaBike 12h-12h30			Céline AquaBike 12h-12h30					Anthony AquaBike 12h-12h30				
	Julien LES MILLS RPM 12h30-13h15	Chloé CORE 12h30-13h15	Anthony AquaBike 12h30-13h		Chloé LES MILLS Shapes 12h30-13h15	Julien LES MILLS BODYPUMP 12h30-13h15	Anthony AquaBike 12h30-13h		Anthony Pilates 12h30-13h15	Chloé CORE 12h30-13h15	Julien AquaFit 12h30-13h		Chloé LES MILLS BODYBALANCE 12h30-13h15	Anthony LES MILLS BODYPUMP 12h30-13h15	Julien AquaBike 12h30-13h		Julien LES MILLS RPM 12h30-13h15	Chloé Pilates 12h30-13h15	Anthony AquaFit 12h45-13h15					
			Aqua Vital 13h-17h30				Kiné 13h30-14h30					Aqua Vital 13h-16h30			Aqua Vital 13h-16h				Aqua Vital 13h15-15h					
Camille Hatha Yoga 17h30-18h15		Chloé Stretch 17h30-18h15	Anthony AquaBike 17h30-18h			Julien Body Jam 17h30-18h15				Anthony CAF 17h30-18h15	Julien AquaBike 17h30-18h			Chloé Pilates 17h30-18h15					Chloé LES MILLS Shapes 17h30-18h15	Céline AquaBike 17h30-18h				
			Julien AquaBike 18h15-18h45									Céline AquaBike 18h15-18h45				Aqua Vital 16h30-18h15								
Camille Ashtanga Yoga 18h30-19h15	Anthony LES MILLS RPM 18h30-19h15	Chloé STEP 18h30-19h15	Julien AquaTonic 19h-19h30		Chloé LES MILLS BODYBALANCE 18h30-19h15	Julien CAF 18h30-19h15	Céline AquaBike 18h30-19h		Anthony LES MILLS BODYATTACK 18h30-19h15	Julien Body Jam 18h30-19h15	Céline AquaTonic 19h-19h30			Julien LES MILLS BODYPUMP 18h30-19h15	Anthony AquaBike 18h30-19h				Anthony LES MILLS RPM 18h30-19h15	Antoine Hatha Yoga 18h30-19h30	Céline AquaBike 18h15-18h45			
Chloé LES MILLS BODYBALANCE 19h30-20h15	Anthony LES MILLS BODYPUMP 19h30-20h15	Julien AquaFit 19h45-20h15		Chloé Pilates 19h30-20h15		Julien Circuit Training 19h30-20h15			Anthony Pilates 19h30-20h15	Julien LES MILLS RPM 19h30-20h15				Céline Hatha Yoga 19h30-20h15										

PLANNING VARIABLE
consultable sur l'application Deci+

Aqua Vital
11h15-17h45

- Cours fitness

Cours bien-être

Cours santé

Kinésithérapeute
- Cours en piscine

Associations

Natation

Piscine libre

PLANNING VARIABLE
consultable sur l'application Deci+

Aqua Vithal
11h15-17h45

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