Planning – 1er septembre au 18 décembre 2026

Vithalia

Lundi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Céline – Vithal Ball – 9h–9h45
- Chloé – Gym Posturale – 10h–10h45
- Anthony – CAF – 9h–9h45
- Julien – AquaGym – 8h30–9h
- Julien – AquaTonic – 9h15–9h45
- Julien – Pilates – 10h–10h45
- Anthony – AquaPower – 10h–10h30
- Camille – Hatha Yoga – 11h–11h45
- Anthony – Asso RDMC – 10h45–11h15
- Aqua Vithal – 11h15–12h
- Céline – AquaBike – 12h–12h30
- Julien – LesMills RPM – 12h30–13h15
- Chloé – LesMills CORE – 12h30–13h15
- Anthony – AquaBike – 12h30–13h
- Aqua Vithal – 13h–17h30
- Camille – Hatha Yoga – 17h30–18h15
- Chloé – Stretch – 17h30–18h15
- Anthony – AquaBike – 17h30–18h
- Julien – AquaBike – 18h15–18h45
- Camille – Ashtanga Yoga – 18h30–19h15
- Anthony – LesMills RPM – 18h30–19h15
- Chloé – STEP – 18h30–19h15
- Julien – AquaTonic – 19h–19h30
- Chloé – LesMills BODYBALANCE – 19h30–20h15
- Anthony – LesMills BODYPUMP – 19h30–20h15
- Julien – AquaFit – 19h45–20h15

Mardi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Chloé – Pilates – 9h–9h45
- Julien – Yoga – 10h–10h45
- Chloé – LesMills Shapes – 12h30–13h15
- Chloé – LesMills BODYBALANCE – 18h30–19h15
- Chloé – Pilates – 19h30–20h15
- Julien – AquaGym – 8h30–9h
- Céline – Gym Douce – 9h–9h45
- Julien – AquaTonic – 9h15–9h45
- Chloé – Stretch – 10h–10h45
- Céline – AquaBike – 10h–10h30
- Chloé – CAF – 11h–11h45
- Anthony – Asso RDMC – 10h45–11h15
- Céline – Sport Santé – 11h15–12h
- Anthony – AquaBike – 12h–12h30
- Julien – LesMills BODYPUMP – 12h30–13h15
- Anthony – AquaBike – 12h30–13h
- Kiné – 13h30–14h30
- Aqua Vithal – 14h30–18h15
- Julien – Body Jam – 17h30–18h15
- Julien – CAF – 18h30–19h15
- Céline – AquaBike – 18h30–19h
- Céline – AquaBike – 19h15–19h45
- Julien – Circuit Training – 19h30–20h15

Mercredi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Céline – Yoga – 9h–9h45
- Anthony – Pilates – 12h30–13h15
- Anthony – LesMills BODYATTACK – 18h30–19h15
- Anthony – Pilates – 19h30–20h15
- Julien – LesMills RPM – 19h30–20h15
- Julien – AquaGym – 8h30–9h
- Chloé – Pilates – 9h–9h45
- Julien – AquaTonic – 9h15–9h45
- Céline – Gym Posturale – 10h–10h45
- Anthony – AquaPower – 10h–10h30
- Anthony – LesMills RPM – 11h–11h45
- Céline – Yoga Stretch – 11h–11h45
- Kiné – 10h45–11h45
- Julien – AquaBike – 12h–12h30
- Chloé – LesMills CORE – 12h30–13h15
- Julien – AquaFit – 12h30–13h
- Aqua Vithal – 13h–16h30
- Julien – Natation – 16h30–17h
- Anthony – CAF – 17h30–18h15
- Julien – AquaBike – 17h30–18h
- Julien – Body Jam – 18h30–19h15
- Céline – AquaBike – 18h15–18h45
- Céline – AquaTonic – 19h–19h30

Jeudi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Anthony – Pilates – 9h–9h45
- Chloé – Stretch – 10h–10h45
- Céline – Sport Santé – 11h–11h45
- Chloé – LesMills BODYBALANCE – 12h30–13h15
- Céline – Pilates – 18h30–19h15
- Céline – Hatha Yoga – 19h30–20h15
- Julien – AquaGym – 8h30–9h
- Céline – Gym Douce – 9h–9h45
- Julien – AquaTonic – 9h15–9h45
- Antoine – Hatha Yoga – 10h–11h
- Julien – AquaBike – 10h–10h30
- Anthony – CAF – 11h–11h45
- Kiné – 10h45–11h45
- Céline – AquaBike – 12h–12h30
- Anthony – LesMills BODYPUMP – 12h30–13h15
- Céline – AquaBike – 12h30–13h
- Aqua Vithal – 13h–16h
- Céline – Asso RDMC – 16h–16h30
- Aqua Vithal – 16h30–18h15
- Chloé – Pilates – 17h30–18h15
- Julien – LesMills BODYPUMP – 18h30–19h15
- Anthony – AquaBike – 18h30–19h
- Anthony – AquaBike – 19h15–19h45
- Julien – Circuit Training – 19h30–20h15

Vendredi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Anthony – Pilates – 10h–10h45
- Céline – Yoga – 9h–9h45
- Julien – AquaTonic – 9h15–9h45
- Céline – Gym Posturale – 10h–10h45
- Julien – AquaPower – 10h–10h30
- Aqua Vithal – 10h30–11h
- Chloé – Stretch – 11h–11h45
- Céline – Sport Santé – 11h–11h45
- Anthony – AquaBike – 12h–12h30
- Julien – LesMills RPM – 12h30–13h15
- Chloé – Pilates – 12h30–13h15
- Anthony – AquaFit – 12h45–13h15
- Aqua Vithal – 13h15–15h
- Céline – Asso MALEMORT – 15h–15h30
- Céline – Asso RDMC – 15h45–16h15
- Céline – Asso MALEMORT – 16h30–17h
- Chloé – LesMills Shapes – 17h30–18h15
- Céline – AquaBike – 17h30–18h
- Céline – AquaBike – 18h15–18h45
- Anthony – LesMills RPM – 18h30–19h15
- Antoine – Hatha Yoga – 18h30–19h30

Samedi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Aqua Vithal – 11h15–17h45

PLANNING VARIABLE
consultable sur l'application Deci+

Cours fitness
Cours en piscine
Cours bien-être
Associations
Cours santé
Natation
Kinésithérapeute
Piscine libre

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