

PLANNING ACTIVITÉS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

9h00
— 9h30

Circuit Training Yoga Énergie Beach Walk C-A-F Yoga Énergie Beach Walk Circuit Training

9h30
— 10h00

Aqua Fitness Aqua Bike Aqua Pilates Aqua Fitness Aqua Bike Aqua Pilates

10h00
— 11h00

Core & Flow C-A-F Beach Walk Core & Flow Circuit Boxing

Yoga, Pilates, Stretching

Yoga, Pilates, Stretching

Sea Walk

12h00
— 13h00

Aqua Bike Sea Walk Aqua Power Aqua Bike Aqua Pilates

Aquagym tonique

14h30
— 15h00

Aqua Fitness Aqua Bike Aqua Pilates Aqua Fitness Aqua Pilates Aqua Bike

16h30
— 17h00

Stretching Méditation Yoga Relax Core & Flow Méditation Oxygène Boost

Yoga, Pilates, Stretching

Respirologie

17h00
— 18h00

Cardio Boxing Circuit Training Core & Flow C-A-F Core & Flow

Yoga, Pilates, Stretching

Yoga, Pilates, Stretching

18h00
— 19h00

Aqua Bike Aqua Pilates Aqua Power Aqua Bike Aqua Power

Aquagym tonique

Aquagym tonique

Activités Clients Hôtel & Pass 10 séances

Activités À la carte & Pass 10 séances

Activités Le Club Sport & Pass 10 séances