

FITNESS

BY

MERCURE



COURS COLLECTIFS

AQUAGYM

LUNDI

09h30	Circuit Training	45'
14h30	Dance Party	45'
17h00	Circuit Training	45'
17h45	Total Silhouette	45'
18h30	SH BAM	45'

10h30	Total Aqua	45'
12h15	Total Aqua	45'
15h30	Aqua Rythmo	45'
17h45	Aqua Zumba	45'
18h30	Aqua Rythmo	45'

MARDI

09h30	Gym Ballon	45'
14h30	Spécial Dos	45'
17h45	Cuisses/Abdos/F.	45'
18h30	Cardio Boxe	45'
19h15	Pilates	45'

10h30	Aqua Zumba	45'
12h15	Aqua	45'
15h30	Rythmo	45'
17h45	Total Zumba	40'
18h30	Aqua Circuit	40'

MERCREDI

09h30	Pilates	45'
17h00	Total Silhouette	45'
17h45	Circuit Training	45'
18h30	CAF	45'
19h15	Step	45'

10h30	Aqua Rythmo	45'
12h15	Aqua Sculpt	45'
17h45	Aqua	40'
18h30	Rythmo	45'

JEUDI

09h30	Marche active	60'
14h30	Marche Nordique	90'
17h45	Sh'Bam	45'
18h45	Aikiam	60'

10h30	Aqua Rythmo	45'
15h30	Aqua	45'
17h45	Aqua Combat	40'
18h30	Aqua Rythmo	45'

VENDREDI

14h30	Stretching - Gym douce	45'
17h45	Core Training - Stretching	60'

10h30	Aqua	45'
12h15	Aqua	45'
15h30	Total Aqua	45'

SAMEDI

09h45	Total Silhouette	45'
10h30	Stretching	40'

11h15	Aqua Rythmo	45'
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COURS COLLECTIFS

AQUAGYM

LUNDI

09h30	Circuit Training	45'
14h30	Dance Party	45'
17h00	Circuit Training	45'
17h45	Total Silhouette	45'
18h30	SH BAM	45'
19h15	Body Barre	60'

10h30	Total Aqua	45'
12h15	Total Aqua	45'
15h30	Aqua Rythmo	45'
17h45	Aqua Zumba	45'
18h30	Aqua Rythmo	45'

MARDI

09h30	Gym Ballon	45'
14h30	Spécial Dos	45'
17h45	Cuisses/Abdos/F.	45'
18h30	Cardio Boxe	45'

10h30	Aqua Zumba	45'
12h15	Aqua	45'
15h30	Rythmo	45'
17h45	Total Zumba	40'
18h30	Aqua Circuit Aqua	40'

MERCREDI

09h30	Pilates	45'
17h00	Total Silhouette	45'
17h45	Circuit Training	45'
18h30	CAF	45'
19h15	Step	45'

10h30	Aqua Rythmo	45'
12h15	Aqua Sculpt	45'
17h45	Aqua	40'
18h30	Rythmo Circuit training	45'

JEUDI

09h30	Marche active	45'
	Renforcement cardio	45'
14h30	Marche Nordique	45'
17h45	Yoga	60'
18h45	SH BAM	45'

10h30	Aqua Rythmo	45'
15h30	Aqua	45'
17h45	Aqua Combat	40'
18h30	Aqua Rythmo	45'

VENDREDI

09h30	Core Training	30'
14h30	Stretching - Gym douce	45'
17h45	Core Training - Stretching	60'

10h30	Aqua	45'
12h15	Aqua	45'
15h30	Total Aqua	45'

SAMEDI

09h45	Total Silhouette	45'
10h30	Stretching	40'

11h15	Aqua Rythmo	45'
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