

| | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|---------------|--------------------|--------------------------|---|-----------------------|--------------------|---------------------------------|--|
| 9H15 | BODY SCULPT | planning de rentrée 2008 | Y STEP | BODY SCULPT | resist a ball | B.A.T.C | |
| 10H15 | BODY SCULPT | | Y STEP | ABDOS FESSES STRETCH | aqua gym | B.A.T.C TOP FIDE | B.A.T.C |
| 12H30 | BODY SCULPT | | TOP FIDE | Y STEP | BODY SCULPT | BODY PUMP | |
| 14H30 | Y STEP | | COURS AU CHOIX SUR ECRAN GEANT A LA DEMANDE | 14H15 BODY IAM | BODY SCULPT | BODY PUMP |  <p>horaires d'ouvertures lundi mercredi jeudi vendredi 9H00-21H00 mardi 12H00- 21H00 samedi 9H00-18H00 dimanche et jours fériés 10H00-13H00</p> |
| 15H15 | B.A.T.C | 15H30 aqua gym | DVD | 15H30 aqua gym | 15H30 aqua gym | BODYSTEP BODY IAM | |
| 17H30 | BODY PUMP | B.A.T.C | BODY SCULPT | Y STEP | BODYCOMBAT | 16H30 B.A.T.C | |
| 17H30 SALLE 2 | B.A.T.C | | 18H à 19H aqua gym | Y STEP | BODY SCULPT | | |
| 18H30 | BODY IAM | Y STEP | | BODY IAM | ABDOS 3D | | |
| 18H30 SALLE 2 | BODY SCULPT | | B.A.T.C | BODY SCULPT | aqua gym | | |
| 19H00 | | 19H15 BODYCOMBAT | NOUVEAU ! Leçon de natation | | resist a ball | | |
| 19H30 | TOP FIDE | 19H15 aqua gym | | BODY PUMP | STRETCHING | | |
| 19H30 SALLE 2 | STRETCHING | | | TOP FIDE | | | |
| | | | | | | | |