

INTENSITÉ DES COURS  
EN PISCINE

FAIBLE INTENSITÉ

MOYENNE INTENSITÉ

HAUTE INTENSITÉ



PLANNING DES COURS COLLECTIFS

SUR RÉSERVATION

|               | LUNDI       |                         | MARDI                  |                 | MERCREDI   |                        | JEUDI       |                        | VENDREDI   |                  | SAMEDI    |                         |
|---------------|-------------|-------------------------|------------------------|-----------------|------------|------------------------|-------------|------------------------|------------|------------------|-----------|-------------------------|
|               | PISCINE     | FITNESS                 | PISCINE                | FITNESS         | PISCINE    | FITNESS                | PISCINE     | FITNESS                | PISCINE    | FITNESS          | PISCINE   | FITNESS                 |
| 7:15 - 8:00   |             |                         |                        |                 | NATATION   |                        |             |                        |            |                  |           |                         |
| 8:15 - 9:00   | AQUA ABDOS  |                         |                        | RENFO TRAINING  | AQUA BODY  |                        |             | CUISSES ABDOS FESSIERS | AQUA MOVE  |                  |           |                         |
| 8:45 - 9:00   |             | YOGA<br>(cours de 1h15) |                        |                 |            |                        |             |                        |            |                  |           |                         |
| 9:15 - 10:00  | AQUA TABATA |                         |                        | MAT PILATES     | AQUA FIGHT | YOGA                   |             | MAT PILATES            | AQUA ABDOS | YOGA             | AQUA BODY | MAT PILATES             |
| 10:15 - 11:00 | AQUA ZEN    |                         | AQUA BODY              | STRETCHING      | AQUA ZEN   | MAT PILATES            |             | STRETCHING             | AQUA ZEN   | MAT PILATES      |           | YOGA<br>(cours de 1h15) |
| 11:15 - 12:00 |             |                         |                        |                 |            |                        |             |                        |            |                  |           |                         |
| 12:45 - 13:30 | NATATION    | CIRCUIT TRAINING        | AQUA FIGHT             | CARDIO TRAINING |            | CUISSES ABDOS FESSIERS | AQUA ABDOS  | MAT PILATES            | AQUA BODY  | RENFO MUSCULAIRE |           |                         |
| 13:00 - 13:45 |             |                         |                        |                 |            |                        |             |                        |            |                  |           |                         |
| 17:15 - 18:00 |             | MAT PILATES             | AQUA ABDOS             | YOGA            |            | MAT PILATES            | AQUA ZEN    | YOGA                   |            |                  |           |                         |
| 18:15 - 19:00 |             | STRETCHING              | AQUA CIRCUIT TRAINGING | MAT PILATES     |            | STRETCHING             | AQUA TABATA | MAT PILATES            |            |                  |           |                         |
| 19:15 - 20:00 |             |                         |                        |                 |            |                        | NATATION    |                        |            |                  |           |                         |