



PROGRAM from NOVEMBER 3rd to DECEMBER 23rd 2018 included

update: 01/12/18

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY ***	Saturday	Sunday
09H30-10H30 PILATES SCULPT ISABELLE	09H30-10H30 FITBALL BEN	09H30-10H30 AQUAGYM SYLVIE	09H30-10H30 CORE BALANCE SYLVIE	09H15-10H15 PILATES MAT ISABELLE		
10H15 - 11H45		10H00-11H30				
10H30-11H30 AQUAGYM ISABELLE	10H30-11H30 AQUABURN BEN	10H30-11H30 YOGA Body&Mind SYLVIE	10H30-11H30 AQUA FIT SYLVIE	10H30-12H00 NORDIC WALKING DOLCE ISABELLE		10H30-11H30 NORDIC WALKING DOLCE CHRISTIAN
	<b>NORDIC WALKING OUTSIDE DOLCE *</b> CHRISTIAN	<b>NORDIC WALKING OUTSIDE DOLCE *</b> CHRISTIAN				
12H15-13H00 YOGA NIDRA DANIELE						
		17H00-18H00 MIXED MARTIAL BEN				
18H00-19H30 BOXING TRAINING MIXTE JOE	18H00-19H00 ** YOGA VINYASA SYLVIE	18H00-19H00 AQUA BURNING BEN	18H00-19H00 ** KUNDALINI YOGA SYLVIE	*** SWIMMING POOL CLOSED FOR MAINTAINANCE FROM 6 AM TILL 1 PM WELLNESS LOCKERS NOT AVAILABLE Friday 9/11/2018 Friday 7/12/2018	16H30-17H30 ** YOGA FLOW SYLVIE	
	19H00-20H00 AQUAGYM SYLVIE		19H00-20H30 ** TAI CHI THIERRY			

- Wellness
- Muscular
- Cardio soft
- Cardio
- Functional & Suspension Training
- Aqua
- Functional Aqua

- NEW** New classes or coach
- \* Program and locations sent by e mail
- Outdoor depending on the weather and / or the season (to the instructor's appreciation)
- \*\* Outdoor (The instructor may propose an indoor solution in case of extreme bad weather conditions / to the instructor's appreciation only)
- Women only sessions
- Instructors are likely to be replaced and classes canceled; pay attention to the cancellation dates announced by e mail**
- AQUA classes are 1 hour session, class preparation and warming up included. The class lasts 45 minutes.**
- NO CLASSES ON BANK HOLIDAYS**

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