

PLANNING FITNESS

COURS COLLECTIFS - PERIODE SCOLAIRE

à partir du 10 janvier 2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
BODY BALANCE 10:15 - 11:00	CAF 10:15 - 11:00	BODY BALANCE 10:15 - 11:00	CAF 10:15 - 11:00	CIRCUIT TRAINING 10:15 - 11:00	BODY PUMP 9:15 - 10:00	BIKING 9:15 - 10:00
CAF 11:15 - 11:45	PILATES 11:15 - 12:00	CIRCUIT TRAINING 11:15 - 12:00	BODY PUMP 11:15 - 11:45	PILATES 11:15 - 11:45	BODY BALANCE 10:15 - 11:00	STRETCHING 10:15 - 11:00
BODY PUMP 12:15 - 12:45	BODY PUMP 12:30 - 13:15	BIKING 12:15 - 12:45	CARDIO COMBAT 12:30 - 13:15	CROSS TRAINING 12:15 - 12:45		
CIRCUIT TRAINING 13:00 - 13:30	CARDIO COMBAT 13:15 - 13:45	BOXING 13:00 - 13:30	PILATES 14:00 - 15:00	BIKING 13:00 - 13:30		RUNNING 14:00 - 15:00
BOXING 17:00 - 17:45	CAF 17:00 - 17:45	CROSS TRAINING 17:00 - 17:45	BODY BALANCE 17:00 - 17:45	BODY PUMP 17:00 - 17:45		
BIKING 17:45 - 18:30	BODY BALANCE 17:45 - 18:30	BODY PUMP 17:45 - 18:30	BOXING 17:45 - 18:30	BIKING 17:45 - 18:30		
STRETCHING 18:45 - 19:30	BOXING 18:45 - 19:30	BIKING 18:45 - 19:30	BODY PUMP 18:45 - 19:30	CARDIO COMBAT 18:45 - 19:30		

HORAIRES ESPACE CARDIO-MUSCU

LUNDI AU VENDREDI
10:00 - 20:00

SAMEDI & DIMANCHE
09:00 - 12:00 & 14:00 - 18:00

INFORMATIONS ET TARIFS SUR WWW.CENTREAQUALUDIQUE-EPERVIERE.FR
04 75 84 29 40 - contact@centreaqualudique-eperviere.fr

PLANNING FITNESS

COURS COLLECTIFS - PETITES VACANCES

à partir du 12 février 2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
BODY BALANCE 10:15 - 11:00	CAF 10:15 - 11:00	BODY BALANCE 10:15 - 11:00	CAF 10:15 - 11:00	CIRCUIT TRAINING 10:15 - 11:00	BODY PUMP 9:15 - 10:00	BIKING 9:15 - 10:00
CAF 11:15 - 11:45	PILATES 11:15 - 12:00	CIRCUIT TRAINING 11:15 - 12:00	BODY PUMP 11:15 - 11:45	PILATES 11:15 - 11:45	BODY BALANCE 10:15 - 11:00	STRETCHING 10:15 - 11:00
BODY PUMP 12:15 - 12:45	BODY PUMP 12:30 - 13:15	BIKING 12:15 - 12:45	CARDIO COMBAT 12:30 - 13:15	CROSS TRAINING 12:15 - 12:45		RUNNING 14:00 - 15:00
CIRCUIT TRAINING 13:00 - 13:30	CARDIO COMBAT 13:15 - 13:45	BOXING 13:00 - 13:30	PILATES 14:00 - 15:00	BIKING 13:00 - 13:30		
BOXING 16:45 - 17:30	CAF 17:00 - 17:45	CROSS TRAINING 17:00 - 17:45	BODY BALANCE 16:45 - 17:30	BODY PUMP 17:00 - 17:45		
	BODY BALANCE 17:45 - 18:30	BODY PUMP 17:45 - 18:30	HYDRO 18:45 - 19:45	BIKING 17:45 - 18:30		
	BOXING 18:45 - 19:30	BIKING 18:45 - 19:30		CARDIO COMBAT 18:45 - 19:30		

HORAIRES ESPACE CARDIO-MUSCU

LUNDI & JEUDI
10:00 - 12:00 & 14:00 - 18:00

MARDI & MERCREDI
& VENDREDI
10:00 - 12:00 & 14:00 - 20:00

SAMEDI & DIMANCHE
09:00 - 12:00 & 14:00 - 18:00

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PLANNING FITNESS

COURS COLLECTIFS - GRANDES VACANCES

01/07/22 au 04/09/22

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
BODY BALANCE 10:15 - 11:00	CAF 10:15 - 11:00	BODY BALANCE 10:15 - 11:00	CAF 10:15 - 11:00	CIRCUIT TRAINING 10:15 - 11:00	BODY PUMP 10:15 - 11:00	BIKING 10:15 - 11:00
CAF 11:15 - 11:45	PILATES 11:15 - 12:00	CIRCUIT TRAINING 11:15 - 12:00	BODY PUMP 11:15 - 11:45	PILATES 11:15 - 11:45	BODY BALANCE 11:15 - 12:00	STRETCHING 11:15 - 12:00
BODY PUMP 12:15 - 12:45	BODY PUMP 12:30 - 13:15	BIKING 12:15 - 12:45	CARDIO COMBAT 12:30 - 13:15	CROSS TRAINING 12:15 - 12:45		
CIRCUIT TRAINING 13:00 - 13:30	CARDIO COMBAT 13:15 - 13:45	BOXING 13:00 - 13:30	PILATES 14:00 - 15:00	BIKING 13:00 - 13:30		RUNNING 18:00 - 19:00
BOXING 17:00 - 17:45	CAF 17:00 - 17:45	CROSS TRAINING 17:00 - 17:45	BODY BALANCE 17:00 - 17:45	BODY PUMP 17:00 - 17:45		
BIKING 17:45 - 18:30	BODY BALANCE 17:45 - 18:30	BODY PUMP 17:45 - 18:30	BOXING 17:45 - 18:30	BIKING 17:45 - 18:30		
STRETCHING 18:45 - 19:30	BOXING 18:45 - 19:30	BIKING 18:45 - 19:30	BODY PUMP 18:45 - 19:30	CARDIO COMBAT 18:45 - 19:30		

HORAIRES
ESPACE CARDIO-MUSCU

LUNDI AU DIMANCHE
10:00 - 20:00

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