

Fitness

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

09h15 ⁽³⁰⁾
LES MILLS
BODYBALANCE

10h30 ⁽³⁰⁾
 circuit training

12h30 ⁽⁴⁵⁾
 caf

17h30 ⁽⁴⁵⁾
 caf

LES MILLS
RPM

18h15 ^(1h)
LES MILLS
BODYPUMP

18h30 ⁽⁴⁵⁾
LES MILLS
RPM

19h30 ⁽⁴⁵⁾
LES MILLS
BODYATTACK

pilates

09h15 ⁽⁴⁵⁾
 caf

10h15 ⁽⁴⁵⁾
 circ. training

12h30 ^(1h)
LES MILLS
BODYBALANCE

17h30 ⁽⁴⁵⁾
LES MILLS
SH'BAM

LES MILLS
RPM

18h30 ⁽⁴⁵⁾
 caf

LES MILLS
RPM

19h30 ^(1h)
LES MILLS
BODYPUMP

19h30 ⁽⁴⁵⁾
 stretching

09h15 ^(1h)
LES MILLS
BODYBALANCE

12h30 ⁽⁴⁵⁾
LES MILLS
RPM

17h30 ⁽⁴⁵⁾
 circ. training

18h30 ⁽⁴⁵⁾
LES MILLS
SH'BAM

19h30 ⁽³⁰⁾
 abdos 30'

09h15 ⁽³⁰⁾
 abdos 30'

10h00 ⁽⁴⁵⁾
 core training

12h30 ^(1h)
LES MILLS
BODYPUMP

17h30 ^(1h)
LES MILLS
BODYPUMP

18h45 ⁽⁴⁵⁾
LES MILLS
BODYATTACK

19h45 ^(1h)
LES MILLS
BODYBALANCE

09h15 ⁽³⁰⁾
 circuit training

10h00 ^(1h)
LES MILLS
BODYBALANCE

12h30 ⁽⁴⁵⁾
 caf

17h30 ⁽⁴⁵⁾
 caf

LES MILLS
RPM

18h30 ⁽⁴⁵⁾
 circ. training

LES MILLS
RPM

19h30 ⁽⁴⁵⁾
LES MILLS
SH'BAM

09h15 ⁽³⁰⁾
 abdos 30'

10h00 ^(1h)
LES MILLS
BODYPUMP

11h15 ⁽⁴⁵⁾
 stretching

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