

Fitness

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

09h15 ⁽³⁰⁾
LES MILLS BODYBALANCE

10h30 ⁽³⁰⁾
 circuit training

09h15 ⁽⁴⁵⁾
blueball

10h15 ⁽⁴⁵⁾
 stretching

09h15 ⁽³⁰⁾
LES MILLS BODYBALANCE

10h30 ⁽³⁰⁾
 core training

09h15 ⁽³⁰⁾
blueball

10h15 ⁽⁴⁵⁾
 stretching

09h15 ⁽³⁰⁾
 circuit training

10h00 ^(1h)
LES MILLS BODYBALANCE

09h15 ⁽³⁰⁾
abdos 30'

10h00 ^(1h)
LES MILLS BODYPUMP

11h15 ⁽⁴⁵⁾
 stretching

12h30 ⁽⁴⁵⁾
 caf

17h30 ⁽⁴⁵⁾
 caf

12h30 ^(1h)
LES MILLS BODYBALANCE

17h30 ⁽⁴⁵⁾
LES MILLS SH'BAM

12h30 ⁽⁴⁵⁾
LES MILLS RPM

17h30 ⁽⁴⁵⁾
 circ. training

12h30 ^(1h)
LES MILLS BODYPUMP

17h30 ^(1h)
LES MILLS BODYPUMP

12h30 ⁽⁴⁵⁾
 caf

17h30 ⁽⁴⁵⁾
 caf

LES MILLS RPM

18h30 ^(1h)
LES MILLS BODYPUMP

LES MILLS RPM

18h30 ⁽⁴⁵⁾
 caf

18h30 ⁽⁴⁵⁾
LES MILLS SH'BAM

18h45 ⁽⁴⁵⁾
LES MILLS BODYATTACK

LES MILLS RPM

18h30 ⁽⁴⁵⁾
 circ. training

18h30 ⁽⁴⁵⁾
LES MILLS RPM

LES MILLS RPM

19h45 ⁽⁴⁵⁾
LES MILLS BODYATTACK

19h30 ^(1h)
LES MILLS BODYPUMP

19h30 ⁽³⁰⁾
abdos 30'

19h45 ⁽³⁰⁾
 stretching

19h30 ⁽⁴⁵⁾
LES MILLS SH'BAM

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