

Aquasports

Lundi

09h15 ⁽⁴⁵⁾

aquafitness

12h30 ⁽⁴⁵⁾

aquafitness

18h00 ⁽³⁰⁾

aquabiking

18h45 ⁽³⁰⁾

aquabiking

19h15 ⁽⁴⁵⁾

aquafitness

20h15 ⁽³⁰⁾

aquabiking

Mardi

09h15 ⁽⁴⁵⁾

aquafitness

12h30 ⁽³⁰⁾

aquabiking

16h15 ⁽⁴⁵⁾

aquafitness

17h30 ⁽³⁰⁾

aquabiking

19h15 ⁽⁴⁵⁾

aquafitness

bodypalm

20h15 ⁽³⁰⁾

aquabiking

Mercredi

09h15 ⁽⁴⁵⁾

aquafitness

12h30 ⁽³⁰⁾

aquabiking

17h30 ⁽³⁰⁾

aquabiking

18h15 ⁽⁴⁵⁾

aquafitness

19h15 ⁽⁴⁵⁾

aquaboxing

20h15 ⁽³⁰⁾

aquabiking

Jeudi

09h15 ⁽⁴⁵⁾

aquafitness

12h30 ⁽⁴⁵⁾

aquafitness

17h30 ⁽³⁰⁾

aquabiking

18h30 ⁽³⁰⁾

aquabiking

19h15 ⁽⁴⁵⁾

aquafitness

20h15 ⁽³⁰⁾

aquabiking

Vendredi

10h10 ⁽⁴⁵⁾

aquafitness

12h30 ⁽³⁰⁾

aquabiking

18h15 ⁽³⁰⁾

aquabiking

19h15 ⁽⁴⁵⁾

bodypalm

Samedi

09h00 ⁽⁹⁰⁾

bb nageur

10h40 ⁽⁴⁵⁾

Aquarelax

11h30 ⁽⁴⁵⁾

bodypalm

12h30 ⁽³⁰⁾

aquabiking

Dimanche

09h30 ⁽³⁰⁾

aquabiking



Sittellia

centre aqualudique & forme

intensités

COOL TONIC BOOST XTREM

activités Premium sur réservation au ☎ 02 43 54 01 70

Fitness

Lundi

10h00 ⁽⁴⁵⁾

blueball

11h00 ⁽⁴⁵⁾

stretching

12h30 ⁽³⁰⁾

hiit

17h00 ⁽⁴⁵⁾

LES MILLS RPM

18h00 ⁽⁴⁵⁾

BOXING HBX

18h50 ⁽⁴⁵⁾

LES MILLS BODYATTACK

19h40 ^(1h)

LES MILLS BODYPUMP

Mardi

10h00 ⁽⁴⁵⁾

caf

11h00 ⁽⁴⁵⁾

LES MILLS RPM

18h00 ⁽⁴⁵⁾

blueball

18h50 ⁽⁴⁵⁾

x - r u n

BOXING HBX

19h40 ⁽⁴⁵⁾

pilates

Mercredi

10h00 ⁽⁴⁵⁾

pilates

11h00 ⁽⁴⁵⁾

BOXING HBX

18h00 ⁽⁴⁵⁾

LES MILLS BODYATTACK

18h50 ⁽⁴⁵⁾

caf

19h40 ⁽⁴⁵⁾

LES MILLS RPM

Jeudi

10h00 ⁽⁴⁵⁾

stretching

11h00 ⁽⁴⁵⁾

blueball

17h00 ⁽⁴⁵⁾

stretching

18h00 ⁽⁴⁵⁾

LES MILLS RPM

18h50 ⁽⁴⁵⁾

LES MILLS BODYPUMP

19h40 ⁽³⁰⁾

hiit

Vendredi

10h00 ⁽⁴⁵⁾

LES MILLS RPM

11h00 ⁽⁴⁵⁾

pilates

17h30 ⁽⁴⁵⁾

caf

x - r u n

18h30 ⁽⁴⁵⁾

BOXING HBX

Samedi

10h00 ⁽³⁰⁾

circ. training

10h40 ⁽³⁰⁾

LES MILLS BODYATTACK

11h15 ⁽⁴⁵⁾

stretching

Dimanche



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