



LIBERTY
AQUA & FITNESS

PLANNING AQUA du 4 juillet au 27 août

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8H45 - 9H30	AQUAGYM	AQUABIKE	AQUATREKKE	AQUA TRAINING	ELLIPTIQUE TREKKE	AQUAGYM
9H45 - 10H30	ELLIPTIQUE TREKKE	AQUA TRAINING	AQUAGYM	AQUATREKKE	AQUABIKE	AQUABIKE
10H45 - 11H30	AQUA TRAINING	AQUABOXING		AQUAGYM		ELLIPTIQUE TREKKE
12H30 - 13H15	AQUA TRAINING	AQUAGYM	ELLIPTIQUE TREKKE	AQUABIKE	AQUABOXING	
18H30 - 19H15	AQUABIKE	ELLIPTIQUE TREKKE	AQUABOXING	AQUAGYM	AQUABIKE	
19H30 - 20H15	AQUABOXING	AQUABIKE	AQUA TRAINING	ELLIPTIQUE TREKKE	AQUAGYM	



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PLANNING FITNESS du 4 juillet au 27 août

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 - 10H30	PILATES	LesMILLS RPM	CAF CUISSSES ABDOS & FESSIERS	LesMILLS BODYSTEP	LesMILLS BODYPUMP	LesMILLS BODYPUMP
10H30 - 11H30						LesMILLS RPM
12H30 - 13H30	LesMILLS BODYPUMP	YOGA	LesMILLS RPM	CAF CUISSSES ABDOS & FESSIERS	LesMILLS BODYCOMBAT	
18H30 - 19H30	STEP FREESTYLES	LesMILLS BODYPUMP	WALKERTREK	ZUMBA	LesMILLS RPM	
19H30 - 20H30	CAF CUISSSES ABDOS & FESSIERS	LesMILLS RPM	LesMILLS BODYPUMP	LesMILLS BODYCOMBAT	STRETCHING	



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PLANNING COACHING GROUP' du 4 juillet au 27 août

	LUNDI	MARDI	MERCREDI	JEUDI	 VENDREDI	SAMEDI
11H00 - 11H45		 CROSS TRAINING		 MINCEUR		
12H30 - 13H15	 MINCEUR	 BOXING		 CROSS TRAINING		
18H30 - 19H15	 CROSS TRAINING	 MINCEUR	 BOXING	 CROSS TRAINING	 MINCEUR	
19H30 - 20H15	 BOXING	 CROSS TRAINING	 MINCEUR	 BOXING	 CROSS TRAINING	