



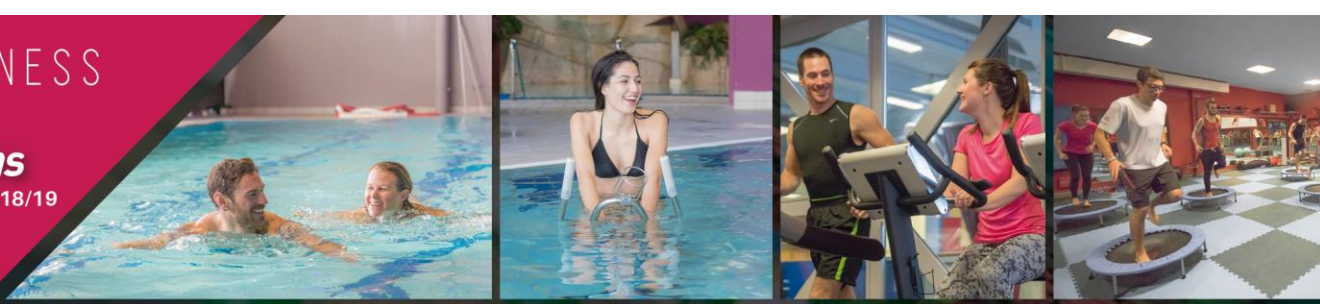
**CENTRE  
SPORTIF**  
SPORTS CENTER

COURS AQUA-FITNESS



**Val Thorens**  
HIVER WINTER 2018/19

**DU 9 AU 22 FEVRIER 2019**



SAMEDI

DIMANCHE

LUNDI

MARDI

MERCREDI

JEUDI

VENREDI

10h15 (45')

**PTIT DAUPHINS**  
3/5 ans

10h30 (45')

**GYM DOUCE**

11h15 (45')

**AQUATIKIDS**  
6/9 ans

12h15 (30')

**STRETCHING**

12h15 (45')

**AQUABIKE\***

18h30 (45')

**STEP ②**

19h15 (45')

**CAF**

20h30 (45')

**AQUACIRCUIT\***

20h30 (45')

**NATATION &  
SAUVETAGE  
ADULTES**

10h15 (45')

**AQUABIKE\***

11h30 (45')

**AQUACIRCUIT\***

12h15 (45')

**CAF**

17h15 (45')

**CARDIO ABDOS**

18h30 (45')

**WORLD GYM  
DOUCE**

19h15 (45')

**CAF**

20h30 (45')

**AQUACIRCUIT\***

10h15 (45')

**AQUATRAMPO\***

11h00 (45')

**ABDOS  
FESSIERS**

12h15 (45')

**WORLD GYM  
DOUCE**

**AQUABIKE\***

18h30 (1h)

**STREET JAZZ\***

19h15 (1h)

**BODY BARRE**

**20h00 SQUASH**

20h30 (45')

**AQUATRAMPO\***

10h15 (1h30)

**BB NAGEURS**  
6 mois/4 ans

12h15 (45')

**CAF**

**AQUABIKE\***

18h30 (45')

**WORLD GYM  
DOUCE**

19h15 (45')

**JUMP TRAMPO\***

20h30

13/02 :  
**CIRCUIT ZEN\***  
20/02 :  
**AQUABIKE 1h\***

10h15 (45')

**AQUATONIC**

11h30 (45')

**AQUABIKE\***

12h15 (45')

**CIRCUIT  
TRAINING\***

18h45 (30')

**ABDOS FLASH**

19h15 (45')

**STEP ①**

**20h00 VOLLEY**

20h30 (45')

**SESSION BOXE**

**AQUABIKE\***

10h15 (45')

**AQUAGYM**

12h15 (30')

**ABDOS FLASH**

**AQUABIKE\***

18h30 (45')

**SESSION BOXE**

19h15 (45')

**BODY BARRE**

20h30 (45')

**IRON CROSS\***