



**CENTRE
SPORTIF**
SPORTS CENTER

COURS AQUA-FITNESS



Val Thorens
HIVER WINTER 2018/19

DU 9 AU 15 mars 2019



SAMEDI

DIMANCHE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

10h15 (45')

10h15 (45')

10h15 (45')

10h15 (1H30)

10h15 (45')

10h15 (45')

PTIT DAUPHINS

3/5 ans

10h30 (45')

GYM DOUCE

11h15 (45')

AQUATIKIDS

6/9 ans

AQUABIKE*

11h30 (45')

AQUACIRCUIT*

12h15 (45')

CAF

AQUATRAMPO*

11h00 (45')

ABDOS FESSIERS

12h15 (45')

WORLD GYM DOUCE

12h15 (45')

AQUABIKE*

BB NAGEURS

6 mois/4 ans

12h15 (45')

CAF

12h15 (45')

AQUABIKE*

AQUATONIC

11h30 (45')

AQUABIKE*

12h15 (45')

CIRCUIT TRAINING

18h45 (30')

ABDOS FLASH

19h15 (45')

STEP ①

AQUAGYM

12h15 (30')

ABDOS FLASH

12h15 (45')

AQUABIKE*

12h15 (30')

STRETCHING

12h15 (45')

AQUABIKE*

17h45 (30')

CARDIO ABDOS

18h30 (45')

**WORLD GYM
DOUCE**

19h15 (45')

CAF

18h30 (1H)

STREET JAZZ*

19h30 (1H)

BODY BARRE

SQUASH 20H

20h30 (45')

AQUACIRCUIT*

18h30 (45')

WORLD GYM DOUCE

19h15 (45')

JUMP TRAMPO*

20h (45') le 27/02

IRON CROSS*

20h30

AQUAFIT 1H*

18h30 (45')

STEP ②

19h15 (45')

CAF

18h30 (45')

**CIRCUIT
TRAINING**

19h15 (1H)

STREET JAZZ*

20h30 (45')

**NATATION &
SAUVETAGE
ADULTES**

20h30 (45')

AQUACIRCUIT*

18h15 (1h)

SESSION BOXE

19h15 (1h)

BODY BARRE

20h30 (45')

IRON CROSS*

*Sur inscription à l'accueil du centre sportif

Intensité : ① ② ③

SPA SPORT FUN & MASSAGES !