

Planning fitness

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

10h30 (45)
Bodysculpt

11h30 (45)
stretching

12h30 (45)
caf
LES MILLS RPM

17h30 (45)
step

18h30 (45)
LES MILLS BODYPUMP

19h30 (1h)
yoga

10h30 (45)
pilates

11h30 (45)
Bodysculpt

12h30 (45)
LES MILLS BODYATTACK
Biking
hiit

17h30 (45)
LES MILLS BODYATTACK

18h30 (45)
caf

07h45 (45)
pilates

09h00 (45)
pilates

10h00 (90)
yoga

11h30 (45)
stretching

12h30 (45)
LES MILLS BODYPUMP

17h30 (45)
LES MILLS BODYPUMP

18h30 (45)
LES MILLS BODYCOMBAT
LES MILLS RPM

10h30 (45)
Bodysculpt

11h30 (45)
LES MILLS BODYBALANCE

12h30 (45)
stretching
Biking

17h30 (45)
Bodysculpt

18h30 (45)
ZUMBA

10h30 (90)
yoga

12h30 (45)
LES MILLS BODYCOMBAT
LES MILLS RPM

17h30 (45)
pilates

18h30 (1h)
LES MILLS BODYBALANCE

10h00 (45)
LES MILLS BODYPUMP

11h00 (45)
stretching

10h00 (45)
caf

11h00 (1h)
LES MILLS BODYBALANCE

MAI- JUIN
Hors vacances
scolaires



Planning Aquafitness

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
07h45 (45) aquabiking		07h45 (45) aquafitness		07h45 (45) aquabiking	10h00 (45) bodypalm	09h30 (45) aquabiking
09h30 (45) aquabiking				09h30 (45) aquabiking	11h00 (45) aquafitness	11h15 (45) bodypalm
10h30 (45) velaqua	10h30 (45) bodypalm		10h30 (45) velaqua			
11h30 (45) aquafitness	11h30 (45) aquabiking	11h30 (45) aquafitness	11h30 (45) aquabiking	11h30 (45) aquafitness		
12h30 (45) aquaboxing	12h30 (45) aquabiking	12h30 (45) aquafitness	12h30 (45) aquabiking	12h30 (45) aquafitness		
17h30 (45) aquafitness	17h30 (45) aquabiking	17h30 (45) aquafitness	17h30 (45) aquafitness	17h30 (45) aquafitness		
18h30 (45) aquafusion	18h30 (45) aquafitness	18h30 (30) aquabiking	18h30 (45) aquaboxing	18h30 (45) aquabiking		
19h30 (45) aquabiking		19h15 (30) aquaJUMP				

PLANNING HORS VACANCES SCOLAIRES

ACTIVITÉS PREMIUM

AQUABIKE - VELAQUA -
AQUAFUSION - AQUAJUMP



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