



**LIBERTY**  
AQUA & FITNESS

# PLANNING AQUA

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8H45 - 9H30	AQUAMUSCU	AQUABIKE	AQUAGYM	AQUATREK	AQUA TRAINING	AQUAGYM	
9H30 - 10H15	AQUAGYM	AQUABIKE	AQUAMUSCU	AQUA TRAINING	AQUA ELLIPTIQUE TREK	AQUAMUSCU	AQUABIKE
10H30 - 11H15	AQUA TRAINING	AQUABOXING	AQUA ELLIPTIQUE TREK	AQUAMUSCU	AQUAGYM	AQUA TRAINING	AQUA ELLIPTIQUE TREK
11H30 - 12H15	AQUA ELLIPTIQUE TREK	AQUAMUSCU	AQUA TRAINING	AQUABIKE	AQUAGYM	AQUABIKE	AQUAGYM
12H30 - 13H15	AQUATREK	AQUA TRAINING	AQUABOXING	AQUABIKE	AQUAMUSCU		
16H00 - 17H30			NATATION				
17H45 - 18H30	AQUATREK	AQUA TRAINING	AQUAMUSCU	AQUABIKE	AQUAGYM		
18H45 - 19H30	AQUABIKE	AQUAGYM	AQUABOXING	AQUA ELLIPTIQUE TREK	AQUAMUSCU		
19H45 - 20H30	AQUABIKE	AQUAMUSCU	AQUATREK	AQUA TRAINING	AQUABOXING		



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# PLANNING FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H00 - 10H00	LESMILLS BODYSTEP	LESMILLS BODYPUMP	SWISS BALL	LESMILLS RPM 45 MIN	CAF CUISSSES ABDOS & FESSIERS	LESMILLS BODYPUMP
10H00 - 11H00	PILATES	LESMILLS BODYATTACK	STEP FREESTYLES	ZUMBA	WALKER TREK 45 MIN	LESMILLS RPM 45 MIN
12H30 - 13H30	CAF CUISSSES ABDOS & FESSIERS	LESMILLS RPM 45 MIN	YOGA	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	
17H30 - 18H30	LESMILLS BODYCOMBAT	WALKER TREK 45 MIN	LESMILLS BODYPUMP	CAF CUISSSES ABDOS & FESSIERS	FIT PARENTS / ENFANTS	
18H30 - 19H30	ZUMBA LESMILLS RPM 45 MIN	MIX POWER	LESMILLS RPM 45 MIN LESMILLS BODYSTEP	LESMILLS BODYATTACK	LESMILLS BODYPUMP	
19H30 - 20H30	STEP FREESTYLES	LESMILLS RPM 45 MIN LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	WALKER TREK 45 MIN	LESMILLS RPM 45 MIN SWISS BALL	



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# PLANNING COACHING GROUP'

	<b>LUNDI</b>	<b>MARDI</b>	<b>MERCREDI</b>	<b>JEUDI</b>	<b> VENDREDI</b>	<b>SAMEDI</b>
11H00 - 11H45	 <b>CROSS TRAINING</b>	 <b>BOXING</b>		 <b>MINCEUR</b>		
12H30 - 13H15	 <b>MINCEUR</b>	 <b>CROSS TRAINING</b>		 <b>BOXING</b>	 <b>SELF DEFENSE</b>	
17H30 - 18H15	 <b>MINCEUR</b>					
18H30 - 19H15	 <b>BOXING</b>	 <b>CROSS TRAINING</b>	 <b>MINCEUR</b>	 <b>CROSS TRAINING</b>	 <b>MINCEUR</b>	
19H30 - 20H15	 <b>CROSS TRAINING</b>	 <b>MINCEUR</b>	 <b>CROSS TRAINING</b>	 <b>SELF DEFENSE</b>	 <b>BOXING</b>	