

Planning Centre Roosevelt Epinal 2024 (à partir du 16 décembre)

Heure	Lundi			Mardi			Mercredi			Jeudi			Vendredi			Samedi			Dimanche	
	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Cardio
8h	8h15 Aquabike libre		8h	8h15 Aquabike libre		8h	8h15 Aquabike libre		8h	8h15 Aquabike libre		8h	8h15 Aquabike libre							
9h	9h15 Aquagym			9h15 Aquabike minceur	9h Yoga Dynamique		9h15 Aquagym			9h15 Aquafitness			9h15 Aquabike tonic		9h15 Aquabike minceur				9h	
10h	10h15 Aquadouce	10h Yoga Doux		10h15 Aquafitness	9h Pilates		10h15 Aquabike minceur			10h15 Aquabike libre	10h15 Stretching		10h15 Aquagym		10h15 Aquabike tonic					
11h	11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h Aquabike libre		11h15 Aqua CAF					
12h																				
13h		12h30 Pilates	12h15 Circuit training	12h15 Aqua circuit training	12h30 RENFO		12h15 Aquabike tonic			12h15 Aquabike minceur	12h30 Yoga Dynamique		12h15 Aquafitness	12h30 Pilates						
14h	13h30 Aquabike libre														14h30 Pilates					
15h	14h15 Aquagym										14h Gym douce									
16h										15h Aquabike libre										
17h	16h15 Aquabike libre																			
18h	17h15 Aquafitness			17h15 Aquabike libre	17h Pilates								17h15 Aquabike libre		17h15 Aquabike minceur					
19h	18h 15 Aquabike libre	18h Pilates		18h15 Aquabike tonic			18h15 Aquabike libre	18h Gym ball		18h15 Aquafitness	18h Yoga Doux		18h15 Aquabike libre							
20h	19h15 Aquabike minceur			19h15 Aquagym	19h Gym ball					19h15 Aquabike minceur	19h Pilates									
21h																				

CENTRE
ROOSEVELT
la santé par le mouvement

Tél : 04.50.01.60.00

www.centre-roosevelt.com