

Planning Centre Roosevelt Rumilly 2021-2022 (à partir du lundi 30 août)

	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			8h			8h			8h			8h			8h						
8h30	Aquabike libre			Aquabike libre			Aquabike libre			Aquabike libre			Aquabike libre							8h30	
9h	9h15 Aquagym	9h Pilates 2			9h Vinyasa Yoga		9h15 Aquadouce			9h15 Aquafitness	9h Stretching		9h15 Aquagym	9h Pilates 1		9h15 Aquabike minceur	9h Vinyasa Yoga	9h		9h15	9h
10h	10h15 Aquadouce			10h15 Aquafitness	10h Stretching		10h15 Aquabike minceur				10h Ecole du dos cours		10h15 Rumilly Accueil			10h15 Aquabike tonic	10h Méditation			10h15	
11h	11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h15 Aqua CAF				11h15	
12h				12h15 Aqua circuit training	12h30 Gym ball		12h15 Aquabike tonic			12h15 Aquabike minceur	12h30 Vinyasa Yoga		12h15 Aquafitness							12h	
13h																					
13h30	Aquabike libre																				
14h													14h Aqua CAF								
15h				15h Aquagym						15h Aquabike libre											
16h	16h15 Aquabike libre						15h15 Natation enfants			16h15 Aquagym			16h15 Aquabike libre								
17h	17h15 Aquafitness			17h15 Aquabike libre	17h Ecole du dos modules		17h Natation adultes			17h15 Aquabike libre			17h15 Aquabike minceur								
18h	18h15 Aquabike libre	18h Vinyasa Yoga		18h15 Aqua CAF	18h Pilates 1				18h Gym ball	18h15 Aquabike libre			18h15 Aquabike libre	18h Vinyasa Yoga							
19h	19h15 Aquagym			19h15 Aquabike minceur	19h Viniyoga				19h15 Pilates 2	19h15 Aqua CAF	19h15 Circuit training		19h15 Aquabike minceur Plus	19h Pilates 2							
20h	20h15 Aquabike minceur				20h Méditation				20h Pilates 1	20h15 Aquafitness			20h Stretching								
21h																					

Nouveautés



Tél : 04.50.01.60.00

www.centre-roosevelt.com