

PLANNING ÉTÉ 2022

| | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|-------|-------------------|-------------------|-------------------|-----------------|-------------------|------------------|-------------------|
| 9:30 | 1 C.A.F 40' | 1 Body Sculpt 40' | | 1 Body Move 45' | 1 Body Sculpt 40' | 1 BODYPUMP 60' | 1 Body Sculpt 40' |
| 10:15 | 1 Fit Yoga 45' | 1 Body Move 45' | | 1 Fit Yoga 45' | 1 Pilates 45' | 4 RPM 45' | |
| 12:30 | 1 C.A.F 40' | 1 Pilates 45' | 1 BODYATTACK 45' | 1 Fit Yoga 45' | 1 BODYPUMP 45' | 1 C.A.F 40' | 1 BODYCOMBAT 60' |
| | 4 RPM 45' | 4 RPM 45' | | 4 RPM 45' | 4 Biking 50' | 2 BODYATTACK 60' | 4 RPM 45' |
| 17:30 | 1 Body Sculpt 40' | 1 C.A.F 40' | 1 Body Sculpt 40' | 1 C.A.F 40' | 1 Body Sculpt 40' | 1 Fit Yoga 45' | 1 Fit Yoga 45' |
| 18:20 | 1 Fit Yoga 45' | 1 BODYATTACK 45' | 1 BODYJAM 60' | 1 BODYPUMP 60' | 1 Stretching 40' | | 1 BODYATTACK 60' |
| | 4 RPM 45' | 4 RPM 45' | 4 Biking 50' | 4 RPM 45' | | | 1 BODYJAM 60' |
| | | | 2 Pilates 45' | | | | |
| 19:20 | 1 BODYBALANCE 60' | 1 BODYCOMBAT 60' | 1 Fit Yoga 45' | 1 BODYJAM 60' | | | |
| | | 3 Pilates 45' | 2 BODYATTACK 60' | | | | |
| | 5 Atelier 45' | | 5 Atelier 45' | 5 Circuit 45' | | | |

oceaq
clubdesport

Horaires du club :

lundi-jeudi : 9h-21h

vendredi : 9h-20h

samedi : 9h-13h

dimanche : 9h-13h & 16h-20h

Planning non contractuel applicable au 4 juillet 2022
Dernière entrée au plus tard 1h avant la fermeture
Fin de toutes les activités à 30min de la fermeture

Toutes les infos sur oceaclub.com
Ateliers et Circuits à réserver sur oceaclub.com/box