

# Planning <sup>aqua</sup>

Du 06 janvier au 28 juin 2020

**Lun.**  
9:30 30' *Aqua gym*  
10:15 45' *Aquabodyslim* — R  
  
12:30 45' *Aquadynamic*  
14:30 45' *Aquabodybike* — R  
  
17:45 45' *Aquabodybike* — R  
18:45 30' *Aquabodyslim* — R  
19:30 45' *Aquadynamic*

**Mar.**  
9:30 30' *Aqua gym*  
10:15 45' *Aquadynamic*  
  
12:30 45' *Aqua fitness*  
  
18:30 45' *Aquadynamic*

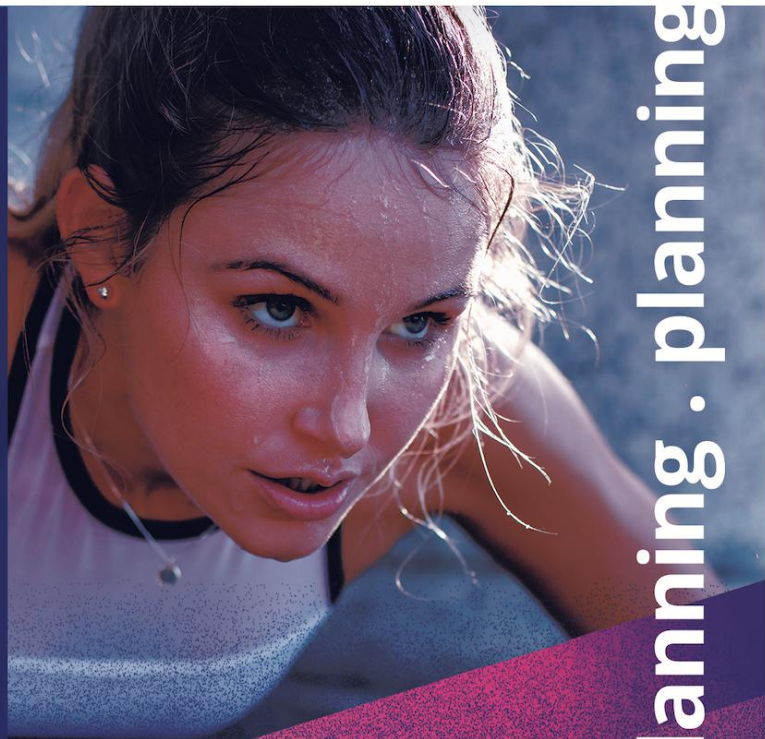
**Mer.**  
10:00 45' *Aquabodyslim* — R  
  
17:45 45' *Aquadynamic*  
18:45 30' *Aquabodyslim* — R  
19:30 45' *Aquabodybike* — R

**Jeu.**  
9:30 30' *Aqua gym*  
10:15 45' *Aquadynamic*  
  
12:30 45' *Aquabodyslim* — R  
  
18:30 45' *Aqua crosstraining* — R

**Ven.**  
9:30 30' *Aqua fitness*  
10:15 45' *Aquabodybike* — R  
  
18:30 45' *Aquabodybike* — R

**Sam.**  
10:00 45' *Aquadynamic* — R  
11:30 45' *Aquabodybike* — R

**Dim.**  
11:15 45' *Aquabodybike* — R



## CENTRALFORM Rond Point de Paris

Lun. - Ven. 9:00 - 21:30 | 14 Boulevard Jules Verne  
Samedi 9:00 - 18:30 | 44300 Nantes  
Dimanche 9:30 - 13:00 | 02. 51. 89. 03. 03

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**CENTRAL  
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# Planning <sup>fitness</sup>

Du 06 janvier au 28 juin 2020

— R Cours sur réservation

## Lun.

9:30	45'	CAF
10:30	60'	Bodybalance
12:30	45'	Boxing — R
12:30	45'	RPM live — R
17:15	30'	Stretching
17:45	45'	Buste / abdos / cuisses
18:45	60'	Bodypump
18:30	45'	RPM live — R
19:30	45'	TRX — R
19:45	60'	Bodyjam
19:45	45'	RPM live — R

## Mar.

9:30	45'	RPM live — R
10:00	60'	Bodypump
11:00	30'	CXWorx
12:30	45'	Bodypump
14:30	60'	Pilates
17:15	45'	Pilates
18:00	30'	CXWorx
18:30	60'	Bodybalance
18:45	30'	Grit force — R
19:30	45'	RPM live — R
19:30	60'	Bodycombat
20:00	45'	Boxing — R

## Mer.

9:30	45'	Buste / abdos / cuisses
10:30	60'	Pilates
12:30	45'	TRX — R
12:30	45'	RPM live — R
14:30	75'	Yoga
17:15	45'	CAF
18:00	30'	Bodypump
18:30	45'	TRX — R
18:30	30'	CXWorx
18:30	45'	RPM live — R
19:00	60'	Bodybalance

## Jeu.

9:30	60'	Bodybalance
10:30	30'	CXWorx
12:30	45'	Bodybalance
18:00	60'	Bodyattack
18:30	45'	Boxing — R
19:00	45'	Pilates
19:15	45'	RPM live — R
19:45	45'	Bodypump

## Ven.

9:30	45'	CAF
10:15	45'	Stretching
12:30	45'	Boxing — R
12:30	45'	RPM live — R
17:15	45'	CAF
18:00	75'	Yoga
19:15	45'	RPM live — R

## Sam.

9:30	45'	RPM live — R
10:30	60'	Bodypump
16:00	45'	Cross training

## Dim.

10:00	30'	CAF
10:30	30'	Stretching