

LUNDI

7h45 - 45m'

aquabiking

9h30 - 45m'

aquabiking

10h30 - 45m'

vélaqua

11h30 - 45m'

aquaforme

12 h30 - 45m'

aquaboxing

17h30 - 45m'

aquaattack

18h30 - 45m'

aquafusion

19h30 - 45m'

aquabiking

MARDI

7h45 - 45m'

aquaforme

9h30 - 45m'

vélaqua

10h30 - 45m'

bodypalm

11h30 - 45m'

aquabiking

12h30 - 45m'

aquabiking

17h30 - 45m'

aquafit

18h30 - 45m'

aquabuilding

19h30 - 45m'

aquabiking

MERCREDI

7h45 - 45m'

aquabiking

9h30 - 45m'

aquabiking

10h30 - 45m'

vélaqua

11h30 - 45m'

aquabalance

12h30 - 45m'

aquaattack

17h30 - 45m'

aquaforme

18h30 - 45m'

aquabiking

19h30 - 30m'

aquajump

JEUDI

7h45 - 45m'

aquafit

9h30 - 45m'

vélaqua

10h30 - 45m'

bodypalm

11h30 - 45m'

aquabiking

12h30 - 45m'

aquabiking

17h30 - 45m'

aquaforme

18h30 - 45m'

aquaboxing

17h30 - 45m'

aquabiking

18h30 - 45m'

aquafit

19h15 - 30m'

aquarelax

VENDREDI

7h45 - 45m'

aquabiking

9h30 - 45m'

aquabiking

10h30 - 45m'

vélaqua

11h30 - 45m'

aquabalance

12h30 - 45m'

aquaattack

17h30 - 45m'

aquabiking

18h30 - 45m'

aquafit

19h15 - 30m'

aquarelax

SAMEDI

10h00 - 45m'

bodypalm

11h00 - 45m'

aquaforme

DIMANCHE

9h45 - 45m'

aquabiking

10h45 - 45m'

aquabiking

11h45 - 45m'

bodypalm



PLANNING
AQUAFITNESS

Intensité des cours



activité premium
sur réservation sur:
www.nautipolis.fr