

VICHY CÉLESTINS
Spa Hôtel
 CASABLANCA

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	11H00 am to 12H00 pm	AQUABIKE	AQUA MIX BOXING CARDIO	AQUA FIT CARDIO	AQUA GYM	AQUABIKE	10 am CROSS TRAINING 11 am AQUABIKE 12 pm STRECHING	AQUABIKE
Afternoon	03H00 pm to 04h00 pm	ABDO STRETCHING	TAILLE ABDO FESSIERS	FAT BURNING	PREPARATION PHYSIQ GENERAL			
	05H00 pm to 06H00 pm	BODY SCULPT	CARDIO INTENSE	CARDIO ABDO FESSIERS	AQUA DYNAMIC	05 pm AQUABIKE 06 pm THALASSEO CIRCUIT	AQUABIKE	AQUA FIT