



Votre tsunami de bonheur !

# PLANNING 2026

|----- Les 1er et 3ème WE du mois -----|

|       | LUNDI               | MARDI                | MERCREDI                | JEUDI               | VENDREDI          | SAMEDI                  | DIMANCHE                           |
|-------|---------------------|----------------------|-------------------------|---------------------|-------------------|-------------------------|------------------------------------|
| 9h    |                     |                      |                         |                     |                   |                         |                                    |
| 9h30  |                     |                      |                         |                     |                   |                         |                                    |
| 10h   | <b>AKWA</b> gym     | <b>AKWA</b> training | <b>AKWA</b> gym         | <b>AKWA</b> pilates | <b>AKWA</b> bike  | <b>AKWA</b> baby        |                                    |
| 10h30 |                     |                      |                         |                     |                   |                         |                                    |
| 11h   | <b>AKWA</b> zumba   | <b>AKWA</b> gym      |                         | <b>AKWA</b> zumba   | <b>AKWA</b> gym   | <b>AKWA</b> gym         |                                    |
| 11h30 |                     |                      |                         |                     |                   |                         |                                    |
| 12h   | <b>AKWA</b> pilates | <b>AKWA</b> bike     |                         | <b>AKWA</b> gym     | <b>AKWA</b> power | <b>AKWA</b> bike        |                                    |
| 12h30 |                     |                      |                         |                     |                   |                         |                                    |
| 13h   | <b>AKWA</b> bike    | <b>AKWA</b> caf      | <b>AKWA</b> slim        | <b>AKWA</b> rox     | <b>AKWA</b> bike  | <b>AKWA</b> rox         |                                    |
| 13h30 |                     |                      |                         |                     |                   |                         |                                    |
| 14h   | <b>AKWA</b> zen     |                      | <b>FERMÉ</b>            | <b>AKWA</b> gym     |                   | <b>FERMÉ</b>            | <b>Cours<br/>de<br/>45 min</b><br> |
| 14h30 |                     |                      |                         |                     |                   |                         |                                    |
| 15h   |                     |                      |                         |                     |                   |                         |                                    |
| 15h30 | <b>FERMÉ</b>        | <b>FERMÉ</b>         |                         | <b>FERMÉ</b>        | <b>FERMÉ</b>      |                         |                                    |
| 16h   |                     |                      | <b>AKWA</b> universaire |                     |                   | <b>AKWA</b> universaire |                                    |
| 16h30 |                     |                      |                         |                     |                   |                         |                                    |
| 17h   |                     |                      |                         |                     |                   |                         |                                    |
| 17h30 |                     |                      |                         |                     |                   |                         |                                    |
| 18h   | <b>AKWA</b> gym     | <b>AKWA</b> zumba    | <b>AKWA</b> pilates     | <b>AKWA</b> bike    | <b>AKWA</b> caf   |                         |                                    |
| 18h30 |                     |                      |                         |                     |                   |                         |                                    |
| 19h   | <b>AKWA</b> rox     | <b>AKWA</b> power    | <b>AKWA</b> bike        | <b>AKWA</b> boxe    |                   |                         |                                    |
| 19h30 |                     |                      |                         |                     |                   |                         |                                    |
| 20h   | <b>AKWA</b> boxe    | <b>AKWA</b> bike     |                         | <b>AKWA</b> gym     |                   |                         |                                    |

Planning susceptible d'évoluer en cours d'année

**OUVERT**  
toute l'année

(sauf fermeture exceptionnelle  
à Noël et en période estivale)

Plus d'infos sur notre site



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