



PLANNING 2020-2021

AQUA SPORT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15 AQUA TRAINING	9H15 AQUA GYM	9H15 BEBE NAGEURS	9H15 AQUA BIKE & PALME	9H15 AQUA BIKE	9H15 AQUA BIKE	9H15 BEBE NAGEURS
10H15 AQUA BIKE	10H30 AQUA GYM	10H15 AQUA GYM	10H AQUA TRAINING	10H AQUA GYM		10H30 AQUA TRAINING
11H AQUA GYM	12H15 AQUA BIKE	11H30 AQUA PALME	11H AQUA GYM	11H15 GYM FEMME ENCEINTE	DUREE DES COURS <i>Aqua gym 1h</i> <i>Aqua training 45 min</i> <i>Aqua bike & palme 30 min</i> <i>Aqua training-boxing 45 min</i> <i>Bébés nageurs 45 min</i> <i>Cours collectif enfants 30 min</i> COURS PRIVE NATATION <i>Sur rendez-vous - Durée 30 min</i>	
13H AQUA GYM	13H AQUA TRAINING			12H30 AQUA TRAINING		
18H15 AQUA BIKE XXL	18H15 AQUA BIKE	18H15 AQUA BIKE XXL	18H15 AQUA BIKE	18H15 AQUA BIKE		
19H AQUA BIKE XXL	19H AQUA GYM	19H AQUA TRAINING-BOXING	19H AQUA GYM	19H AQUA TRAINING		
19H PISCINE SAUNA HAMMAM	19H PISCINE SAUNA HAMMAM	19H PISCINE SAUNA HAMMAM	19H PISCINE SAUNA HAMMAM	19H PISCINE SAUNA HAMMAM		

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