



PLANNING AQUA



LUNDI

9H15 30'	AQUA GYM
10H00 45'	AQUA TRAINING
11H00 30'	AQUA BIKE
11H45 30'	AQUA BIKE
12H30 30'	AQUA GYM
17H00 30'	AQUA GYM
17H45 30'	AQUA JUMP
18H30 45'	AQUA TONIC
19H30 30'	AQUA BIKE

MARDI

9H15 30'	AQUA TONIC
10H00 45'	AQUA TRAINING
11H00 30'	AQUA BIKE
11H45 30'	AQUA GYM
12H30 45'	AQUA TRAINING
16H45 30'	AQUA TRAINING
17H25 30'	AQUA GYM
18H05 30'	AQUA TONIC
18H45 30'	AQUA POWER
19H30 30'	AQUA BIKE&JUMP
20H15 30'	AQUA BIKE

MERCREDI

9H00 30'	AQUA BIKE&JUMP
9H45 30'	AQUA TONIC
10H30 30'	AQUA TRAINING
11H10 30'	AQUA BOXE
11H50 30'	AQUA POWER
12H30 30'	AQUA BIKE
15H30 45'	AQUA TRAINING
16H30 30'	AQUA GYM
17H30 30'	AQUA BIKE
18H30 30'	AQUA BIKE
19H30 45'	AQUA TONIC

JEUDI

9H00 30'	AQUA TRAINING
9H45 30'	AQUA GYM
10H30 30'	AQUA POWER
11H10 30'	AQUA JUMP
11H50 30'	AQUA TONIC
12H30 30'	AQUA TRAINING
16H30 30'	AQUA BIKE&JUMP
17H30 30'	AQUA BIKE
18H15 45'	AQUA TRAINING
19H15 45'	AQUA JUMP

VENDREDI

9H30 30'	AQUA GYM
10H30 45'	AQUA TRAINING
11H30 30'	AQUA BIKE
12H30 45'	AQUA TRAINING
15H15 30'	AQUA GYM
16H00 30'	AQUA TRAINING
16H45 30'	AQUA TRAINING
17H30 30'	AQUA BIKE

SAMEDI

9H15 30'	AQUA BIKE
10H00 30'	AQUA BIKE
10H45 30'	AQUA GYM
11H30 30'	AQUA MIX SEMAINES IMPAIRES

HORAIRES D'OUVERTURE

LUNDI	9H / 21H
MARDI	8H45 / 21H
MERCREDI	8H45 / 21H
JEUDI	8H45 / 21H
VENDREDI	9H / 21H
SAMEDI	9H / 17H

