

PLANNING COACHING EN SALLE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDEDI
10H15		CIRCUIT TRAINING		CIRCUIT TRAINING	ABDOS FESSIERS
11H15	STRETCH PREVENTIF	STRETCH RELAX	STRETCH RELAX	STRETCH PREVENTIF	STRETCH RELAX
17H15		STRETCH RELAX		ABDOS FESSIERS	
18H15	PILATES	PILATES		STRETCH RELAX	
19H15	CARDIO COMBAT	CIRCUIT TRAINING	PILATES	CROSS TRAINING	PILATES

PLANNING AQUATIQUE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDEDI	SAMEDI
9H15	AQUAGYM TRADITION	AQUABIKE CIRCUIT	AQUAGYM TRADITION	AQUABIKE CIRCUIT	AQUABIKE CIRCUIT	
10H15	AQUAGYM TRADITION	AQUAGYM TRADITION	AQUAGYM TRADITION	AQUAGYM TRADITION	AQUAGYM TRADITION	10h30 AQUAGYM TRADITION
12H15	AQUABIKE CIRCUIT	AQUABIKE CIRCUIT	AQUABIKE CIRCUIT	AQUAGYM TRADITION	AQUABIKE CIRCUIT	11h30 AQUABIKE CIRCUIT
		17H00 AQUAGYM TRADITION		17H00 AQUAGYM TRADITION		12h30 AQUABIKE CIRCUIT
17H15	AQUABIKE CIRCUIT	17H45 AQUAGYM TRADITION	17H15 AQUABIKE CIRCUIT	17H45 AQUABIKE CIRCUIT	AQUABIKE CIRCUIT	
18H15	AQUAGYM TRADITION	18H30 AQUABIKE CIRCUIT	AQUAGYM TRADITION	18H30 AQUABIKE CIRCUIT	AQUAGYM TRADITION	
20H00	AQUABIKE CIRCUIT	AQUABIKE CIRCUIT	AQUABIKE CIRCUIT	AQUABIKE CIRCUIT		

PLANNING BEBES NAGEURS - EVEIL AQUATIQUE - LECONS DE NATATION

	9H15	9H45	14H00	14H45	15H45	16H00	16H15	16H45
MERCREDI						EVEIL AQUATIQUE	16h30 LECONS DE NATATION	
SAMEDI	BEBES NAGEURS	BEBES NAGEURS	LECONS NATATION	14h30 et 15h00 LECONS NATATION	EVEIL AQUATIQUE		BEBES NAGEURS	BEBES NAGEURS