

# Planning <sup>aqua</sup>

Du 06 janvier au 28 juin 2020

— R Cours sur réservation

<b>Lun.</b>	9:00	45'	<i>Aquagym</i> — R
	10:00	45'	<i>Aquagym soft</i> — R
	12:15	45'	<i>Aquafitness</i> — R
	17:30	45'	<i>Aquagym</i> — R
	18:30	45'	<i>Aquabike</i> — R

<b>Mar.</b>	9:00	45'	<i>Aquadynamic</i> — R
	10:00	45'	<i>Aquabike</i> — R
	12:15	45'	<i>Aquagym</i> — R
	18:30	45'	<i>Aquagym</i> — R
	19:30	45'	<i>Aquabike</i> — R

<b>Mer.</b>	9:30	45'	<i>Aquafitness</i> — R
	10:30	45'	<i>Aquabike</i> — R
	12:15	45'	<i>Aquabike</i> — R
	17:30	45'	<i>Aquabike</i> — R
	18:30	45'	<i>Aquafitness</i> — R

<b>Jeu.</b>	9:30	45'	<i>Aquagym soft</i> — R
	10:30	45'	<i>Aquafitness</i> — R
	12:15	45'	<i>Aquabuilding</i> — R
	13:30	45'	<i>Aquagym</i> — R
	18:30	45'	<i>Aquadynamic</i> — R
	19:30	45'	<i>Aquagym</i> — R

<b>Ven.</b>	9:30	45'	<i>Aquabike</i> — R
	10:30	45'	<i>Aquagym</i> — R
	12:15	45'	<i>Aquadynamic</i> — R
	17:30	45'	<i>Aquafitness</i> — R
	18:30	45'	<i>Aquabike</i> — R

<b>Sam.</b>	9:30	45'	<i>Aquagym</i> — R
	10:30	45'	<i>Aquabike</i> — R

<b>Dim.</b>	9:30	45'	<i>Aquabike</i> — R
	10:30	45'	<i>Aquafitness</i> — R

Lun. - Ven. 8:30 - 21:00  
Samedi 9:00 - 14:00  
Dimanche 9:00 - 13:00

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# fitness Planning

Du 06 janvier au 28 juin 2020

— R Cours sur réservation

## Lun.

9:15	45'	Bodybalance
10:15	45'	Gym sculpt
12:30	45'	Bodyattack
12:30	45'	TRX — R
17:45	45'	Cardio dance
17:45	45'	TRX — R
18:45	45'	Bodypump
19:45	45'	RPM — R

## Mar.

9:15	45'	Bodypump
10:15	45'	RPM — R
12:30	45'	Cardio sculpt
12:30	45'	RPM — R
17:45	45'	Gym sculpt
17:45	45'	TRX — R
18:45	45'	Bodycombat
19:45	45'	TRX — R

## Mer.

9:15	45'	Gym sculpt
10:15	45'	TRX — R
12:30	45'	Gym sculpt
17:45	45'	Bodypump
18:45	45'	Bodyattack
19:45	45'	RPM — R

## Jeu.

9:15	45'	Gym soft
10:15	45'	TRX — R
12:30	45'	Bodybalance
12:30	45'	RPM — R
17:45	45'	Bodybalance
18:45	45'	Gym sculpt
19:30	30'	Stretching

## Ven.

9:15	45'	Gym sculpt
10:00	45'	Stretching
12:30	45'	Bodypump
17:45	45'	Gym sculpt
18:45	45'	RPM — R

## Sam.

9:15	45'	Gym sculpt
10:15	45'	Bodybalance

Lun. - Ven. 8:30 - 21:00  
Samedi 9:00 - 14:00  
Dimanche 9:00 - 13:00

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