

PISCINE

	lundi	mardi	mercredi	jeudi	vendredi	samedi
9h..	9h15 Aqua Forme	9h15 Aqua Training Forme	9h45 Aqua Fitness	9h15 Aqua Forme	9h15 Aqua Forme	9h00 Aqua Gym
10h..	10h15 Bike Forme 30'	10h15 Bike Forme 30'	10h45 Aqua Prenatal	10h15 Bike Forme 30'	10h15 Aqua Training Forme	
11h..	11h00 Bike Forme				11h15 Bike Forme 30'	11h45 Bike
12h30	Aqua Training Fitness	Bike Fitness	Bike Fitness	Aqua Training Fitness	Bike Fitness	
13h45	Aquamix					
14h00				Bike Forme 30'		
15h00	Bike Fitness					
16h15	Aqua Forme			Aquamix		
18h45		Aqua Boxing		Aqua Boxing		
19h..	19h00 Aqua Forme	19h30 Aqua Forme	19h15 Aqua Fitness	19h30 Aqua Training Fitness	19h15 Bike	
20h..	20h00 Bike Forme	20h30 Bike Forme	20h15 Bike Fitness	20h30 Bike Fitness		