

PISCINE

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