





COURS COACHES

STUDIO PISCINE

LEMPDES-SUR-ALLAGNON

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9 ^h 45 - 10 ^h 30 AQUA DYNAMIC	9 ^h 45 - 10 ^h 30 AQUA BIKE	9 ^h 00 - 12 ^h 00  ÉCOLE NATATION	9 ^h 45 - 10 ^h 30 AQUA GYM	9 ^h 45 - 10 ^h 30 AQUA BIKE	10 ^h 15 - 11 ^h 00 AQUA GYM
10 ^h 45 - 11 ^h 30 AQUA GYM	10 ^h 45 - 11 ^h 30 AQUA DOUCE		10 ^h 45 - 11 ^h 30 AQUA DOUCE	10 ^h 45 - 11 ^h 30 AQUA WORK	11 ^h 15 - 12 ^h 00 AQUA BIKE
	12 ^h 20 - 13 ^h 00 AQUA BIKE	14 ^h 00 - 17 ^h 00  ÉCOLE NATATION		12 ^h 20 - 13 ^h 00 AQUA BIKE	
14 ^h 15 - 15 ^h 00 AQUA DOUCE		17 ^h 00 - 17 ^h 30  JARDIN D'ÉVEIL <small>dès 2 ans</small>		16 ^h 45 - 17 ^h 30  ÉCOLE NATATION	
17 ^h 45 - 18 ^h 30 AQUA BIKE	17 ^h 45 - 18 ^h 30 AQUA WORK	17 ^h 45 - 18 ^h 30 AQUA GYM	17 ^h 45 - 18 ^h 30 AQUA DYNAMIC	17 ^h 45 - 18 ^h 30 AQUA BIKE	
18 ^h 45 - 19 ^h 30 AQUA WORK	18 ^h 45 - 19 ^h 30 AQUA BIKE	18 ^h 45 - 19 ^h 30 AQUA DYNAMIC	18 ^h 45 - 19 ^h 30 AQUA BIKE	18 ^h 45 - 19 ^h 15 AQUA Hiit	
	19 ^h 45 - 20 ^h 30 AQUA DOUCE		19 ^h 45 - 20 ^h 30 AQUA BIKE		

Cours encadrés par vos coachs Agitaform.