

COURS AQUATIQUES

STUDIO PISCINE

LEMPDES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9 ^H 45 - 10 ^H 30 AQUA TONIC	9 ^H 45 - 10 ^H 30 AQUA BIKE	9 ^H 15 - 10 ^H 00 AQUA PILATES	9 ^H 45 - 10 ^H 30 AQUA GYM	9 ^H 45 - 10 ^H 30 AQUA BIKE	10 ^H 00 - 10 ^H 45 AQUA BIKE
10 ^H 45 - 11 ^H 30 AQUA GYM	10 ^H 45 - 11 ^H 30 AQUA DOUCE	 ÉCOLE NATATION	10 ^H 45 - 11 ^H 30 AQUA DOUCE	10 ^H 45 - 11 ^H 30 AQUA GYM	11 ^H 00 - 11 ^H 45 AQUA GYM
	12 ^H 20 - 13 ^H 05 AQUA GYM			12 ^H 20 - 13 ^H 05 AQUA BIKE	
17 ^H 15 - 18 ^H 00 AQUA GYM		17 ^H 15 - 18 ^H 00 AQUA BIKE			
18 ^H 15 - 19 ^H 00 AQUA BIKE	17 ^H 45 - 18 ^H 30 AQUA TONIC	18 ^H 15 - 19 ^H 00 AQUA GYM	17 ^H 45 - 18 ^H 30 AQUA BOXING	17 ^H 45 - 18 ^H 30 AQUA DANSE	
19 ^H 15 - 20 ^H 00 AQUA CIRCUIT	18 ^H 45 - 19 ^H 30 AQUA GYM	19 ^H 00 - 19 ^H 45 AQUA PILATES	18 ^H 45 - 19 ^H 30 AQUA BIKE	Cours particuliers sur demande	