


ENSEMBLE ATTEIGNONS VOS OBJECTIFS

PLANNING AQUA

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08H00 - 08H45	AQUA GYM	AQUA DANCE			AQUA MUSCU		
09H00 - 09H45	AQUA GYM	AQUA BIKE	AQUA STEP	AQUA TREK	AQUA TRAINING	08H45 / 09H30 AQUA GYM	
10H00 - 10H45	AQUA TRAINING	AQUA MUSCU	AQUA BOXING	AQUA GYM	AQUA BIKE	09H45 / 10H30 AQUA MUSCU	09H45 / 10H30 AQUA BIKE
11H00 - 11H45	AQUA STEP	AQUA TRAINING	AQUA TREK	AQUA BOXING	AQUA GYM	10H45 / 11H30 AQUA TRAINING	10H45 / 11H30 AQUA TREK
						11H45 / 12H30 AQUA BIKE	11H45 / 12H30 AQUA GYM
12H30 - 13H15	AQUA TREK	AQUA BOXING	AQUA TRAINING	AQUA BIKE	AQUA MUSCU		
15H30 - 16H15		AQUA GYM	15H30 - 17H30 NATATION	AQUA MUSCU			
16H30 - 17H15	AQUA DANCE	AQUA MUSCU		AQUA GYM	AQUA GYM		
17H45 - 18H30	AQUA TREK	AQUA TRAINING	AQUA MUSCU	AQUA BIKE	AQUA STEP		
18H45 - 19H30	AQUA STEP	AQUA DANCE	AQUA BOXING	AQUA TREK	AQUA GYM		
19H45 - 20H30	AQUA BIKE	AQUA GYM	AQUA TREK	AQUA STEP	AQUA TRAINING		