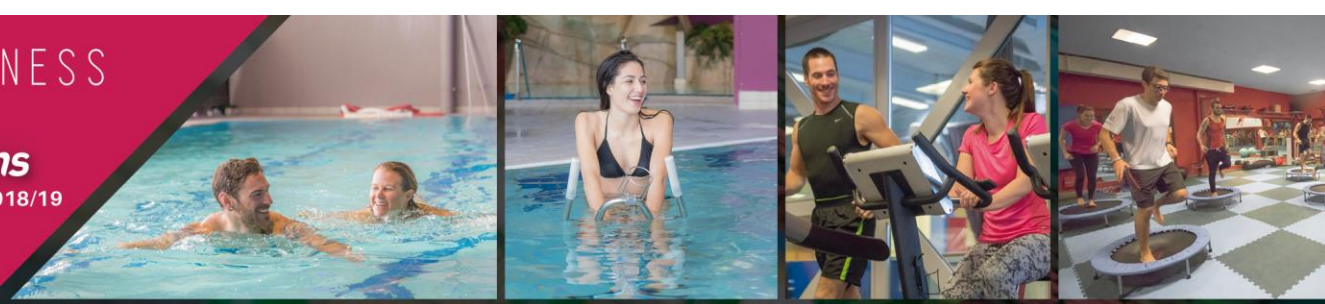




DU 23 FEVRIER AU 08 MARS 2019



SAMEDI

DIMANCHE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

	10h15 (45') PTIT DAUPHINS 3/5 ans	10h15 (45') AQUABIKE*	10h15 (45') AQUATRAMPO*	10h15 (1h30) BB NAGEURS 6 mois/4 ans	10h15 (45') AQUATONIC	10h15 (45') AQUAGYM
	10h30 (45') GYM DOUCE		11h00 (45') ABDOS FESSIERS			
	11h15 (45') AQUATIKIDS 6/9 ans	11h30 (45') AQUACIRCUIT*			11h30 (45') AQUABIKE*	
12h15 (30') STRETCHING	12h15 (45') AQUABIKE*	12h15 (45') CAF	12h15 (45') WORLD GYM DOUCE AQUABIKE*	12h15 (45') CAF AQUABIKE*	12h15 (45') CIRCUIT TRAINING*	12h15 (30') ABDOS FLASH AQUABIKE*
		17h15 (45') CARDIO ABDOS				
18h30 (45') STEP ②	18h30 (45') CIRCUIT TRAINING*	18h30 (45') WORLD GYM DOUCE	18h30 (1h) STREET JAZZ*	18h30 (45') WORLD GYM DOUCE	18h45 (30') ABDOS FLASH	18h15 (45') SESSION BOXE
19h15 (45') CAF	19h15 (1h) STREET JAZZ*	19h15 (45') CAF	19h15 (1h) BODY BARRE	19h15 (45') JUMP TRAMPO*	19h15 (45') STEP ①	19h15 (45') BODY BARRE
			20h00 SQUASH	27/02 20h (45') IRON CROSS*	20h15 VOLLEY*	
	20h30 (45') NATATION & SAUVETAGE ADULTES	20h30 (45') AQUACIRCUIT*	20h30 (45') AQUATRAMPO*	27/02 : AQUABIKE 1h* 06/03 : AQUAFIT 1h30*	SESSION BOXE	
20h30 (45') AQUACIRCUIT*					20h30 (45') AQUABIKE*	20h30 (45') IRON CROSS*