



Du 23 mars au 5 avril 2019



SAMEDI

DIMANCHE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

12h15 (30')
STRETCHING

18h30 (45')
STEP ②

19h15 (45')
CAF

20h30 (45')
AQUACIRCUIT*

10h15 (45')
PTIT DAUPHINS
3/5 ans

10h30 (45')
GYM DOUCE

11h15 (45')
AQUATIKIDS
6/9 ans

12h15 (45')
AQUABIKE*

18h30 (45')
CIRCUIT TRAINING

19h15 (1H)
STREET JAZZ*

20h30 (45')
NATATION & SAUVETAGE ADULTES

10h15 (45')
AQUABIKE*

11h30 (45')
AQUACIRCUIT*

12h15 (45')
CAF

17h45 (30')
CARDIO ABDOS

18h30 (30')
STRETCHING

19h15 (45')
CAF

20h30 (45')
AQUACIRCUIT*

10h15 (45')
Pas de cours de fitness le 26/03

Le 2/04 11h00 (45')
ABDOS FESSIERS

Le 2/04 12h15 (45')
WORLD GYM DOUCE

12h15 (45')
AQUABIKE*

18h30 (1H)
STREET JAZZ*

19h30 (1H)
LE 2/4 BODY BARRE

SQUASH 20H

20h30 (45')
AQUACIRCUIT*

10h15 (1H30)
BB NAGEURS
6 mois/4 ans

12h15 (45')
CAF

12h15 (45')
AQUABIKE*

18h30 (45')
WORLD GYM DOUCE

19h15 (45')
JUMP TRAMPO*
20h (45') le 27/02

IRON CROSS*

20h30
AQUABIKE 1H *

12h15 (45')
CIRCUIT TRAINING

18h45 (30')
ABDOS FLASH

19h15 (45')
STEP ①

VOLLEY* 20H15

20h15 (45')
SESSION BOXE

20h30 (45')
AQUABIKE*

10h15 (45')
AQUAGYM

12h15 (30')
ABDOS FLASH

12h15 (45')
AQUABIKE*

18h15 (1h)
SESSION BOXE

19h15 (1h)
BODY BARRE

20h30 (45')
IRON CROSS*