

PLANNING SPORT AQUATIQUE

02/09 au 19/10 - 04/11 au 21/12

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|-----|----------------------------|-------------------------|----------------------------|---------------------|-------------|-------------------------|
| 9H | MEDITATION (2ème année) | | | | | |
| 10H | | AQUAGYM | | AQUAGYM | AQUAGYM | AQUABODYBIKE |
| 30 | | | | | | AQUABODYBIKE |
| 11H | | AQUAGYM | | AQUACIRCUITTRAINING | AQUADYNAMIC | AQUACIRCUITTRAINING |
| 30 | | | | | | |
| 12H | | AQUACIRCUITTRAINING | | | | |
| 30 | | | | | AQUAWORK | |
| 13H | | | | | | |
| 30 | | | | | | |
| 14H | | | | | | |
| 30 | | | | | | |
| 15H | | | | | | |
| 30 | | | | | | |
| 16H | | | | | | |
| 30 | | | | | | |
| 17H | | | AQUAWORK | | | |
| 30 | | AQUAGYM | | | | |
| 18H | AQUACIRCUIT TRAINING | | AQUACIRCUIT TRAINING | AQUADYNAMIC | | AQUACIRCUIT TRAINING |
| 30 | | | | | | |
| 19H | MEDITATION (1ère année) | | MEDITATION (3ème année) | | | |
| 30 | AQUAWORK | AQUACIRCUIT TRAINING | | AQUADYNAMIC | AQUAWORK | |
| 20H | AQUABODYBIKE | | | | | |
| 30 | AQUABODYBIKE | AQUAWORK | AQUABIKE MIX | AQUABODYBIKE | | |
| | | | | AQUABODYBIKE | | |