

PLANNING VACANCES SOLAIRES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	10H: Stage de Natation	10H: Stage de Natation	10H: Stage de Natation		
	10H30: Stage de Natation	10H30: Stage de Natation	10H30: Stage de Natation		
	11H: Aqua circuit training		11H: Aqua circuit training		
	12H15: Aqua cardio + renforcement musculaire				
	17H: Stage de Natation	17H: Stage de Natation	17H: Stage de Natation		
	18H: Aqua cardio + renforcement musculaire	18H: Aqua cardio + renforcement musculaire	18H: Aqua circuit training		
		19H: Aqua BIKE	19H: Aqua BIKE		