

PLANNING RENTREE 2022 -2023

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	10H: Aqua circuit training		10H: Aqua circuit training		
	11H: Aqua circuit training		11H: Aqua circuit training		
	12H15: Aqua cardio + renforcement musculaire				
		16H30: Ecole de natation			
		17H30: Ecole de natation			
	18H: Aqua cardio + renforcement musculaire	18H: Aqua cardio + renforcement musculaire	18H: Aqua circuit training		
	19H : Cours de natation Adultes	19H: Aqua BIKE			