

PLANNING ACTIVITES SPORT et BIEN ETRE 2020

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H		MEDITATION Niveau 3				
10H 15 45		AQUAGYM		AQUACIRCUIT TRAINING	AQUAGYM	BB Nageur
11H 30		AQUACIRCUIT TRAINING		AQUAGYM	AQUAGYM	AQUABIKE
12H		AQUABIKE		AQUALIBRE	AQUACIRCUIT TRAINING	AQUACIRCUIT TRAINING
13H		NATATION ADULTE			NATATION ADULTE	
14H						
15H 45			NATATION ENFANT 1			
16H 30 45			NATATION ENFANT 1			
17H 30			NATATION ENFANT 2			
18H 30	AQUAGYM	MEDITATION Niveau 2	AQUACIRCUIT TRAINING	AQUAGYM	AQUABIKE	MEDITATION QI QONG
19H	AQUACIRCUIT TRAINING		AQUAGYM	AQUABIKE	AQUACIRCUIT	
20H 30	AQUABIKE	AQUAGYM	AQUACIRCUIT TRAINING			