


# Planning 2020/2021

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09H00	BOXING	RUNNING	BIKE	GYM	BIKE	GYM	8H00/09H00 Bébés nageurs ----- 09h00/10h00 Bébés nageurs ----- 10h00/11h00 Bébés nageurs ----- 11h00/12h00 Jardin aquatique
10H05	BIKE	BOXING	GYM	BIKE	RUNNING	BIKE	
11H10	RUNNING	GYM	RUNNING	TRAINING	BOXING	RUNNING	
12H15	GYM	BIKE	BIKE	RUNNING	BIKE	TRAINING	
13H15	BIKE	RUNNING	TRAINING	BIKE	RUNNING	BOXING	
Cours particuliers : natation, aquaphobie, aquagym, aquabike. DAVID 06 52 45 90 22							 <p> <b>AQUA DOMICILE</b>  <small>Natation - Aqua fitness - Entretien</small> </p> <p>           Cours particuliers : natation,            aquaphobie, aquagym, aquabike.            DAVID 06 52 45 90 22         </p>
16H05	BIKE	GYM	BIKE	GYM	RUNNING		
17H15	TRAINING	BIKE	RUNNING	BOXING	BIKE		
18H15	BIKE	RUNNING	TRAINING	BIKE	RUNNING		
19H15	RUNNING	TRAINING	BIKE	TRAINING	GYM		
20H15	BOXING	BIKE	BOXING	RUNNING	BIKE		



**Tel : 06 32 98 98 80**  
[aquabike.sixfours@gmail.com](mailto:aquabike.sixfours@gmail.com)  
[www.aquabike83.com](http://www.aquabike83.com)