


Planning Saison 7 - 2022/2023

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI		SAMEDI	DIMANCHE
08H45	BIKE	RUNNING	BIKE	GYM	BIKE	09H00	BIKE	8H00/09H00 Bébés nageurs 09h00/10h00 Bébés nageurs 10h00/11h00 Bébés nageurs 11h00/12h00 Jardin aquatique
10H00	BIKE	BIKE	GYM	BIKE	RUNNING	10H00	RUNNING	
11H15	RUNNING	GYM	RUNNING	TRAINING	BOXING	11H00	BOXING	
12H15	GYM	BIKE	BIKE	RUNNING	BIKE	12H15	BIKE	
13H15	BIKE	RUNNING	TRAINING	BOXING	BIKE			
Cours particuliers : natation, aquaphobie, aquagym, aquabike. DAVID 06 52 45 90 22						 <p>Cours particuliers : natation, aquaphobie, aquagym, aquabike. DAVID 06 52 45 90 22</p>		
15H45	BIKE	GYM	RUNNING	GYM	BOXING			
17H00	TRAINING	RUNNING	BIKE	BOXING	BIKE			
18H15	BIKE	RUNNING	TRAINING	BIKE	RUNNING			
19H30	RUNNING	BIKE	BOXING	BIKE	TRAINING			