


Planning saison 8 2023/2024

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



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