

Planning été 2021

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
08h30	BOXING	RUNNING	BIKE	GYM	BIKE	BOXING	8H00/09H00 Bébé nageurs 09h00/10h00 Bébé nageurs 10h00/11h00 Bébé nageurs 11h00/12h00 Jardin aquatique	
09h45	BIKE	BOXING	GYM	BIKE	RUNNING	BIKE		
11H00	RUNNING	GYM	RUNNING	TRAINING	BOXING	RUNNING		
12H15	GYM	BIKE	BIKE	RUNNING	BIKE	TRAINING		
13H30	BIKE	RUNNING	TRAINING	GYM	RUNNING			
Cours particuliers : natation, aquaphobie, aquagym, aquabike, aquatrampoline DAVID 06 52 45 90 22						 AQUA DOMICILE <small>Natation - Aqua fitness - Entretien</small> Cours particuliers : natation, aquaphobie, aquagym, aquabike. Aquatrampoline DAVID 06 52 45 90 22		
15h45	BIKE	GYM	BOXING	GYM	TRAINING			
17H00	TRAINING	BIKE	RUNNING	BOXING	BIKE			
18H15	BIKE	RUNNING	TRAINING	BIKE	RUNNING			
19H30	RUNNING	TRAINING	BIKE	TRAINING	BOXING			