


# Planning Saison 7 - été 2022

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI		SAMEDI	DIMANCHE		
08H45	BIKE		BIKE	GYM	BIKE	09H00		8H00/09H00 Bébés nageurs		
10H00	BIKE	RUNNING	GYM	BIKE	RUNNING	10H00	BIKE	----- 09h00/10h00 Bébés nageurs		
11H15	RUNNING	GYM	RUNNING	TRAINING	BOXING	11H00	RUNNING	----- 10h00/11h00 Bébés nageurs		
12H15	GYM	BIKE	BIKE	RUNNING	BIKE	12H15		----- 11h00/12h00 Jardin aquatique		
13H15	BIKE		TRAINING	RUNNING	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			RUNNING	GYM						
17H00	TRAINING		BIKE	BOXING	BIKE					
18H15	BIKE	RUNNING	TRAINING	BIKE	RUNNING					
19H30	RUNNING	BIKE	BOXING	BIKE	TRAINING					