



Planning piscine

Paul

Fred

Cyril

Antoine

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H-9H45	Kiné	Gym/Bike	Aquabike	Kiné	Circuit training	9H15-10H Natation
10H-10H45	Aqua Fitness	Aqua Fitness	Aquagym	Aqua Fitness	Aqua Fitness	10H15-11H Aqua TAF
11H-11H45	Circuit training	Aquabike	Aqua TAF	Aqua taille/ abdos/fessiers	Aquabike	11H15-12H Aqua Hiit
12H30-13H15	Gym/Bike	Circuit training	Aquabike	Aquabike	Gym/Bike	12H-12H45 Natation
13H-13H45						
14H-14H45						
15H-15H45						
17H30-18H15	Aqua Fitness	Circuit training	Gym/Bike	Aqua Boxing	Gym/Bike	
18H30-19H15	Aquabike	Aqua Boxing*	Aquabike	Aquapower	Circuit training	
19H30-20H15	Circuit training	Aquabike*	Circuit training	Circuit training		

* l'Aqua Boxing et Aquabike du dernier mardi du mois seront inversés

Planning non contractuel, sous réserve de modifications en cours de période