

PLANNING AQUATIQUE A PARTIR DU 26 MARS 2012

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
09H15	AQUA GYM	PISCINE LIBRE	AQUA GYM	AQUA GYM	PISCINE LIBRE
10H15	AQUA TRIATHLON	AQUA BUILDING	AQUA CYCLING	10H30 AQUA FITNESS	AQUA GYM
	PISCINE LIBRE 11H15 - 12H15				
12H30	AQUA FITNESS	AQUA GYM	AQUA CYCLING	AQUA CYCLING	AQUA TRIATHLON
	PISCINE LIBRE 13H15 - 14H00				
14H15	AQUA GYM	AQUA TRIATHLON	NATATION ENFANT	AQUA GYM	AQUA CYCLING
15H15 - 18H00	PISCINE LIBRE 15H00 - 18H15				
18H30	AQUA CYCLING	AQUA TRIATHLON	AQUA BOXING	AQUA GYM	AQUA FITNESS
19H30	AQUA CYCLING	AQUA BUILDING	AQUA TRIATHLON	AQUA CYCLING	AQUA CYCLING
20H30	PISCINE LIBRE	AQUA CYCLING	AQUA CYCLING	PISCINE LIBRE	

CARDIO RENFORCEMENT MUSCULAIRE

SAMEDI DIMANCHE

09H15	PISCINE LIBRE 09H00 - 10H30
10H45	PISCINE LIBRE
11H45	09H00 - 14H00
14H15	14H00 AQUA GYM
15H15	PISCINE LIBRE 15H00 - 17H00
17H00	AQUA BUILDING
	PISCINE LIBRE 17H45 - 19H00

* BASSIN ACCESSIBLE A TOUS

PLANNING TERRESTRE A PARTIR DU 16 AVRIL 2012




SALLE APOLLON

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
09H15	CAF	BODY BALANCE	FIT BALL	BODY PUMP	BODY BALANCE
12H15*	FIGHT DO	BODY SCULPT		CAF	BODY PUMP
18H15	U BOUND	BODY BALANCE	FIGHT DO + STRETCH	BODY PUMP	STEP
19H15	BODY PUMP	ZUMBA	ZUMBA	FIGHT DO + STRETCH	B. LEG 30' X. ABDOS 30'
20H15	FIGHT DO	U BOUND	BODY PUMP	CAF	BODY BALANCE

* Cours de 45'

SALLE APOLLON

	SAMEDI	DIMANCHE
10H30	TBC	BODY SCULPT
11H45	STRETCH 30'	STRETCH 30'

	CARDIO
	RENFORCEMENT MUSCULAIRE
	BIEN ETRE

SALLE VENUS

9H15	
12H15	TOP RIDE
18H15	CAF TOP RIDE TOP RIDE
19H15	B.leg 30' / X.abdos 30' TOP RIDE BODY BALANCE
20H15	TOP RIDE