

		1	2	LUNDI	1	2	MARDI	1	2	MERCREDI	3	4	JEUDI	3	4	VENDREDI			SAMEDI			DIMANCHE	
Matin	9h00												YOGA										
	9h30												YOGA										
	10h00			AQUA BIKE			BODY SCULPT			AQUA GYM													
	10h30			AQUA BIKE			BODY SCULPT			AQUA GYM													
	11h00		P A U S			P A U S			P A U S														
	11h30																						
Midi	12h00			BODY SCULPT			FAB			CAF			SPINNING			AQUA CIRCUIT TRAINING							
	12h30			BODY SCULPT			FAB			CAF 45"			SPINNING			AQUA CIRCUIT TRAINING							
	13h00											P A U S			P A U S								
	13h30																						
	14h00																						
	14h30																						SPINNING
	15h00																						SPINNING
	15h30																						
	16h00																						
	16h30																						
Soir	17h00																						
	17h30																						
	18h00			AQUA CIRCUIT TRAINING			YOGA			AQUA BIKE			BODY ATTACK			SPINNING							
	18h30			AQUA CIRCUIT TRAINING			YOGA			AQUA BIKE			BODY ATTACK			SPINNING							
	19h00						AQUA BIKE/18h00																
	19h30						AQUA BIKE																
	20H00																						
	20H30																						
	21H00																						