

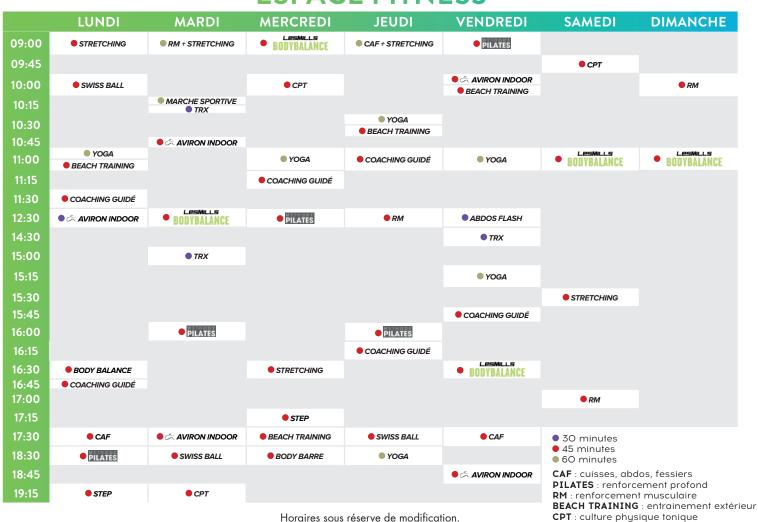




ESPACE AQUATONIC

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:00	AC/TA		AC	AQUA GYM	AC		
09:30		AQUA GYM		AQUA GYM			
10:00	AQUA GYM		AQUA GYM / TA		AQUA GYM		AC
10:30	AQUA GYM	TA	AQUA GYM		AQUA GYM		
10:45		AC		AC		AC	
11:00	AQUA GYM		AQUA GYM	TA	AQUA GYM		AQUA GYM
11:15						TA	
11:30							AQUA GYM
11:45							TA
12:00	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM		AQUA GYM	
12:30	AQUA GYM	AS	AC	AS	AQUA GYM	AQUA GYM	
13:45	AC				AC		
14:00		AQUA GYM	AQUA GYM	AQUA GYM	TA		
15:00	AQUA GYM		AQUA GYM	AC	AQUA GYM		
15:30	AS	AC	AS		AS		
16:00				TA			
17:00	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	
17:30	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	
18:00	AS	AS	AS	AQUA GYM	AS		
18:30	AQUA GYM	TA	AQUA GYM	AQUA GYM / TA	AQUA GYM	AS : Aquastretching AC : Aquacycling TA : Training Aquatique	
19:00	AQUA GYM		AC	AQUA GYM	AQUA GYM		
19:15		AQUA GYM					

ESPACE FITNESS



TRX: renforcement avec sangles

de suspension