

PLANNING SMALL GROUPE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

18h30 30'

TRX

19h00 45'

BOXING

19h30 30'

TRX

20h00 60'

BOXING

18h30 45'

TRX

20h00 45'

BOXING

18h30 30'

TRX

19h15 45'

BOXING

20h15 45'

CROSS TRAINING

10h30 30'

TRX

11h15 45'

CROSS TRAINING

12h15 45'

BOXING

PLANNING COURS AQUATIQUES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h00 45' AQUA BIKING 	10h00 45' AQUA TRAINING 	10h00 15' AQUA GYM 	10h00 45' AQUA GYM 	10h00 45' AQUA TRAINING 	10h30 45' AQUA GYM 	10h30 45' AQUA BIKING 
10h45 45' AQUA GYM 	10h45 45' AQUA GYM 	10h45 45' AQUA BOXING 	10h45 45' AQUA TRAINING 	10h45 45' AQUA BIKING 	11h15 45' AQUA TRAINING 	11h15 45' AQUA BOXING 
11h30 45' AQUA TRAINING 	11h30 45' AQUA BIKING 	11h30 45' AQUA BIKING 	11h30 45' AQUA BIKING 	11h30 45' AQUA GYM 	12h00 45' AQUA BIKING 	12h00 45' AQUA CARDIO 
			14h30 45' AQUA BIKING 			
			15h15 45' AQUA TRAINING 			
			16h00 45' AQUA GYM 			
17h30 45' AQUA TRAINING 	17h30 15' AQUA GYM 	17h30 45' AQUA GYM 	17h30 45' AQUA TRAINING 	17h30 45' AQUA BIKING 		
18h15 15' AQUA GYM 	18h15 45' AQUA BIKING 	18h15 45' AQUA BIKING 	18h15 45' AQUA BOXING 	18h15 45' AQUA TRAINING 		
19h00 45' AQUA BIKING 	19h00 45' AQUA TRAINING 	19h00 45' AQUA TRAINING 	19h00 45' AQUA BIKING 	19h00 45' AQUA GYM 		