

# PLANNING 2019

	lundi	mardi	mercredi	jeudi	vendredi	samedi
8h00						
15						
30						
45						
9h00						
15						
30	Gym		BB		Bike	BB
45						BB
10h00			Jardin	Gym		BB
15		BPS				BB
30	BB	BPS			Ai Chi	BB
45				BPS		Jardin
11h00	Prénatal / Aquarelax	Gym	Woga	Gym		
15						
30						
45						
12h00		Bike	Watsu	Gym		Bike
15						
30						
45						
13h00						Watsu
15						
30						
45						
14h00	Bike		Natation		Bike	
15			Aquaself			Natation
30						Natation
45						Aquaself
15h00	Gym		Jardin		Aquaboost	Aquaself
15						Aquaself
30	Gym					Jardin
45						
16h00		Gym	Natation		Pil'Aqua	
15			Aquaself			Natation
30						
45						
17h00	BB				BB	
15	Aquaself				Aquaself	Natation
30		CAF				Natation
45	Natation		Gym			
18h00					Natation	
15						
30	Aquaboost	Gym +	Bike +	Pil'Aqua	AquaPole	
45						
19h00						
15						
30	Gym +	BPS	Bike +	Bike	Prénatal / Aquarelax	
45						
20h00		BPS				
15						
30	Bike	Bike +	Gym +	Bike		
45						
21h00						
15						
30						
45						

MURIEL

ADELAÏDE

MURIEL

ADELAÏDE

ALTERNANCE

MURIEL

CELINE

CELINE

ALTERNANCE

LEA

LEA

LEA

MURIEL