

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
09:00 - 10:00 PILATES	09:15 - 10:00 AQUABIKE		09:15 - 10:00 AQUABIKE	09:15 - 10:00 AQUABIKE	09:00 - 09:45 AQUABIKE
10:00 - 10:45 AQUABIKE	10:00 - 10:45 AQUAGYM		10:00 - 10:45 AQUACOMBO	10:00 - 10:45 AQUABIKE	09:45 - 10:30 ÉCOLE DE NATATION
			11:00 - 12:00 PILATES		10:30 - 11:00 NATATION SYNCHRO
12:15 - 13:00 AQUABIKE	12:15 - 13:00 AQUAPALME		12:15 - 12:45 AQUA STAND UP		11:00 - 11:30 NATATION
13:00 - 13:45 AQUAPALMES	13:00 - 13:45 AQUACOMBO		13:00 - 13:45 AQUABIKE		11:30 - 12:00 NATATION
	16:30 PREPA ACCOUCHEMENT				
17:30 - 18:00 NATATION		17:00 - 18:30 NATATION	17:30 - 18:00 NATATION		
18:00 - 18:45 AQUAPALMES	18:00 - 18:30 NATATION	18:30 - 19:15 AQUABIKE	18:00 - 18:45 AQUABIKE		
19:00 - 19:30 AQUA STAND UP		19:30 - 20:15 AQUAMIX	19:00 - 19:30 AQUA STAND UP		
19:30 - 20:00 AQUA STAND UP	19:00 - 20:00 YOGA				