**PLANNING GYM AQUATIQUE**

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| **LUNDI** | **MARDI** | **MERCREDI** | **JEUDI** | **VENDREDI** | **SAMEDI** |
| **9H15/10H00** | **9H15/10H00** | **9H15/10H00** | **9H15/10H00** | **9H15/10H00** | **9H15/10H00** |
| AQUAGYM | AQUAGYM | AQUADOS | AQUAGYM | AQUA | AQUAGYM |
| GYM |
| **10h00/10h45** | **10H15/11H00** | **10H15/11H00** | **10H15/11H00** | **10H15/11H00** |  |
| http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E | AQUABIKING | AQUA BIKING | AQUABIKING | http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E |  |
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| **12H30/13H15** | **12H30/13H15** | **12H30/13H15** | **12H30/13H15** | **12H30/13H15** |  |
| AQUAGYM | AQUABIKING | AQUAGYM | AQUABIKING | AQUAGYM |  |
|  |
|  |  |  |  |  |  |
| **14H30/15H30** | **14H30/15H30** |  | **14H30/15H15** | **14H30/15H15** |  |
| AQUAGYM | AQUAGYM |  | AQUADOS | AQUABIKING |  |
|  |
|  |  |  |  |  |  |
| **17H30/18H00** | **17H30/18H15** | **17H30/18H00** | **17H30/18H15** | **17H30/18H00** |  |
| AQUAGYM | http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E | AQUAGYM | AQUABIKING | AQUAGYM |  |
| **18H00/18H30** | **18H15/18h45** | **https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcQT4KxGt_JUgf41sJGQ1NknXTyj7HIVVLrgJlwB0FZ-NfoCXEmhhZXk8ENZ18H00/18H45** | **18H30/19H00** | **18H00/18H45** |  |
| AQUAGYM | AQUAMINCEUR | http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E |  | http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E |  |
|  |  |  |
| **18H45/19H30** | **18H45/19h15** | **19H00/19H45** | **19H00/19H30** | **19H00/19H45** |  |
| AQUABIKING | AQUACARDIO | AQUABIKING | AQUACARDIO | AQUABIKING |  |
|  |
| **19H30/20H15** |
| AQUABIKING |
|

**PLANNING FITNESS**

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| **LUNDI** | **MARDI** | **MERCREDI** | **JEUDI** | **VENDREDI** | **SAMEDI** |
| **10H00/10H45** | **10H00/10H45** | **10H00/10H45** | **10H00/10H45** | **10H00/10H45** | **10H00/10H30** |
| **BODY SCULPT** téléchargement.jpg |  | **MULTI COURS** | **http://www.lesmills.com/files/globalcentral/Consumers/Programs/Logos/pump.jpg** | **C.A.F** | **rpmSESSION****TRAINING** |
| **10H45/11H30** | **10H45/11H30** | **10H45/11H15** | **10H45/11H30** | **10H45/11H15** | **10H30/11H30** |
| **https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSbP4Sa_ACa3eWkTFCvhl_jGJA5hdckaF1Gtvmo3QgK0BmYyFib_CWRQ3m5** | **C.A.F** | **STRETCHING** | **https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSbP4Sa_ACa3eWkTFCvhl_jGJA5hdckaF1Gtvmo3QgK0BmYyFib_CWRQ3m5** | **SESSION****TRAINING** |  |
|  |
|  |  |  |  |  |  |
| **12H30/13H15** | **12H30/13H15** | **16H30-17H15** | **12H30/13H15** | **12H30/13H15** |  |
| **http://www.lesmills.com/files/globalcentral/Consumers/Programs/Logos/pump.jpg** | step | **FIT ADOS** | **C.A.F** | rpm |  |
|  |  |
|  |  |  |  |  |  |
| **17H30/18H15** | **17H30/18H15** | **17H30/18H15** | **17H30/18H15** | **17H30/18H15** | **14H30/15H15** |
| **http://www.lesmills.com/files/globalcentral/Consumers/Programs/Logos/pump.jpg** |  | **http://www.lesmills.com/files/globalcentral/Consumers/Programs/Logos/pump.jpg** | **C.A.F** | **step** | **FIT ADOS** |
|  | **rpm** |  |  |
|  **17H30/18H00** | **17H30/18H15** | **18H15/19H00** | **18H15/19H00** | **18H15/19H00** |  |
| **SESSION TRAINING** | **STEP****DEBUTANT** | téléchargement.jpg | http://www.lesmills.com/files/globalcentral/Consumers/Programs/Logos/pump.jpg**TOTAL MINCEUR** |  |  |
|  |
| **18H15/19H00** | **18H15/19H15** | **19H00/19H45** | **18H15/18H45** | **19H00/19H45** |  |
|  |  | rpm | **SESSION TRAINING** | téléchargement.jpg |  |
|  |  |
| **18H15/19H00** | **18H30/19H00** |  | **19H00/20H00** |  |  |
| logo-shbam jpegrpm | **SESSION TRAINING** |  | **https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSbP4Sa_ACa3eWkTFCvhl_jGJA5hdckaF1Gtvmo3QgK0BmYyFib_CWRQ3m5** |  |  |
| **19H00/19H45** | **19H15/20H00** |  | **19H00/20h00** |  |  |
|  **C.A.F** | http://www.lesmills.com/files/globalcentral/Consumers/Programs/Logos/pump.jpg |  | **rpm** |  |  |