**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** |
| AQUA  GYM | AQUA  GYM | AQUA  DOS | AQUA  GYM | AQUA | AQUA  GYM |
| GYM |
| **10h00/10h45** | **10H15/11H00** | **10H15/11H00** | **10H15/11H00** | **10H15/11H00** |  |
| [http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E](http://www.google.fr/imgres?imgurl=http://www.espace-club.com/img/aquadynamic-logo.png&imgrefurl=http://www.espace-club.com/aquadynamic.html&h=68&w=265&sz=17&tbnid=y9mJ0jpePBdFQM:&tbnh=33&tbnw=127&prev=/search?q=LOGO+AQUA+DYNAMIQUE&tbm=isch&tbo=u&zoom=1&q=LOGO+AQUA+DYNAMIQUE&usg=__uEe5MNGrf4FGtAXJpXVBHtSQN-4=&hl=fr&sa=X&ei=v5vVUcqKGcbVtAbMv4DwCA&ved=0CCQQ9QEwAg) | AQUA  BIKING | AQUA  BIKING | AQUA  BIKING | [http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E](http://www.google.fr/imgres?imgurl=http://www.espace-club.com/img/aquadynamic-logo.png&imgrefurl=http://www.espace-club.com/aquadynamic.html&h=68&w=265&sz=17&tbnid=y9mJ0jpePBdFQM:&tbnh=33&tbnw=127&prev=/search?q=LOGO+AQUA+DYNAMIQUE&tbm=isch&tbo=u&zoom=1&q=LOGO+AQUA+DYNAMIQUE&usg=__uEe5MNGrf4FGtAXJpXVBHtSQN-4=&hl=fr&sa=X&ei=v5vVUcqKGcbVtAbMv4DwCA&ved=0CCQQ9QEwAg) |  |
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|  |  |  |  |  |  |
| **12H30/13H15** | **12H30/13H15** | **12H30/13H15** | **12H30/13H15** | **12H30/13H15** |  |
| AQUA  GYM | AQUA  BIKING | AQUA  GYM | AQUA  BIKING | AQUA  GYM |  |
|  |
|  |  |  |  |  |  |
| **14H30/15H30** | **14H30/15H30** |  | **14H30/15H15** | **14H30/15H15** |  |
| AQUA  GYM | AQUA  GYM |  | AQUA  DOS | AQUA  BIKING |  |
|  |
|  |  |  |  |  |  |
| **17H30/18H00** | **17H30/18H15** | **17H30/18H00** | **17H30/18H15** | **17H30/18H00** |  |
| AQUA  GYM | [http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E](http://www.google.fr/imgres?imgurl=http://www.espace-club.com/img/aquadynamic-logo.png&imgrefurl=http://www.espace-club.com/aquadynamic.html&h=68&w=265&sz=17&tbnid=y9mJ0jpePBdFQM:&tbnh=33&tbnw=127&prev=/search?q=LOGO+AQUA+DYNAMIQUE&tbm=isch&tbo=u&zoom=1&q=LOGO+AQUA+DYNAMIQUE&usg=__uEe5MNGrf4FGtAXJpXVBHtSQN-4=&hl=fr&sa=X&ei=v5vVUcqKGcbVtAbMv4DwCA&ved=0CCQQ9QEwAg) | AQUA  GYM | AQUA  BIKING | AQUA  GYM |  |
| **18H00/18H30** | **18H15/18h45** | **[https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcQT4KxGt_JUgf41sJGQ1NknXTyj7HIVVLrgJlwB0FZ-NfoCXEmhhZXk8ENZ](http://www.google.fr/url?url=http://www.glasgowlife.org.uk/sport/fitness-classes/fitness%20class%20descriptions/water-workouts/pages/home.aspx&rct=j&frm=1&q=&esrc=s&sa=U&ved=0CBwQwW4wA2oVChMIo6-r7PCAxwIVQrcUCh16CQ04&usg=AFQjCNG0RdsEIOgCZ_2Dw2ItnPTPlUn5Lw)18H00/18H45** | **18H30/19H00** | **18H00/18H45** |  |
| AQUA  GYM | AQUA  MINCEUR | [http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E](http://www.google.fr/imgres?imgurl=http://www.espace-club.com/img/aquadynamic-logo.png&imgrefurl=http://www.espace-club.com/aquadynamic.html&h=68&w=265&sz=17&tbnid=y9mJ0jpePBdFQM:&tbnh=33&tbnw=127&prev=/search?q=LOGO+AQUA+DYNAMIQUE&tbm=isch&tbo=u&zoom=1&q=LOGO+AQUA+DYNAMIQUE&usg=__uEe5MNGrf4FGtAXJpXVBHtSQN-4=&hl=fr&sa=X&ei=v5vVUcqKGcbVtAbMv4DwCA&ved=0CCQQ9QEwAg) |  | [http://www.google.fr/images?q=tbn:ANd9GcRALqQ60iM_-8Q-iU6EXXC_CHDadJqzou-lrw5tuDXHo3Tckb8sSmyVQ6E](http://www.google.fr/imgres?imgurl=http://www.espace-club.com/img/aquadynamic-logo.png&imgrefurl=http://www.espace-club.com/aquadynamic.html&h=68&w=265&sz=17&tbnid=y9mJ0jpePBdFQM:&tbnh=33&tbnw=127&prev=/search?q=LOGO+AQUA+DYNAMIQUE&tbm=isch&tbo=u&zoom=1&q=LOGO+AQUA+DYNAMIQUE&usg=__uEe5MNGrf4FGtAXJpXVBHtSQN-4=&hl=fr&sa=X&ei=v5vVUcqKGcbVtAbMv4DwCA&ved=0CCQQ9QEwAg) |  |
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| **18H45/19H30** | **18H45/19h15** | **19H00/19H45** | **19H00/19H30** | **19H00/19H45** |  |
| AQUA  BIKING | AQUA  CARDIO | AQUA  BIKING | AQUA  CARDIO | AQUA  BIKING |  |
|  |
| **19H30/20H15** |
| AQUA  BIKING |
|

**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](http://www.google.fr/url?url=http://www.belambra.fr/cours_de_fitness_les_mills&rct=j&frm=1&q=&esrc=s&sa=U&ei=VdgJVJ_EK4iVatfygsAE&ved=0CBgQ9QEwAQ&usg=AFQjCNG88X1-L9T8rFzumFofCVqT7hlICA)** | **C.A.F** | **STRETCHING** | **[https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSbP4Sa_ACa3eWkTFCvhl_jGJA5hdckaF1Gtvmo3QgK0BmYyFib_CWRQ3m5](http://www.google.fr/url?url=http://www.belambra.fr/cours_de_fitness_les_mills&rct=j&frm=1&q=&esrc=s&sa=U&ei=VdgJVJ_EK4iVatfygsAE&ved=0CBgQ9QEwAQ&usg=AFQjCNG88X1-L9T8rFzumFofCVqT7hlICA)** | **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](http://www.google.fr/url?url=http://www.belambra.fr/cours_de_fitness_les_mills&rct=j&frm=1&q=&esrc=s&sa=U&ei=VdgJVJ_EK4iVatfygsAE&ved=0CBgQ9QEwAQ&usg=AFQjCNG88X1-L9T8rFzumFofCVqT7hlICA)** |  |  |
| **19H00/19H45** | **19H15/20H00** |  | **19H00/20h00** |  |  |
| **C.A.F** | http://www.lesmills.com/files/globalcentral/Consumers/Programs/Logos/pump.jpg |  | **rpm** |  |  |