




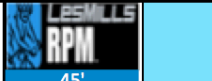





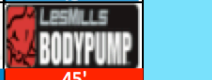















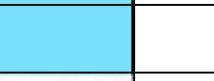
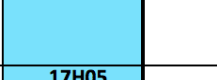

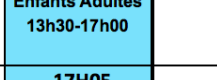
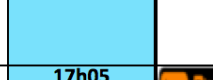


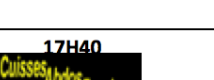





















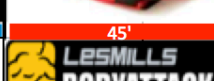
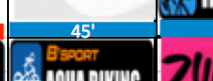


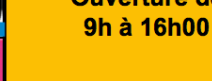
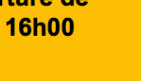















**SPORT ONE****PLANNING 2018****SPORT ONE**

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	
9h30													
10h30													
	45'		45'			45'	45'		45'		45'		
11h30													
12h00													
12h30												45'	
13h00													
13h30	45'	45'	45'	45'	45'	45'	45'	45'	45'	45'		45'	
14h30							LEÇONS NATATION						
16h00							Enfants Adultes 13h30-17h00						
17h00													
17h30		17H05 				17H05 			17h05 			DIMANCHE	
18h00			17H40 							45'			
18h30				18H15 									Ouverture de 9h à 16h00
19h00	55'	45'	45'	45'	45'	45'	55'	45'	45'	45'	45'	45'	
20h00													
	55'	45'	45'	55'	45'	45'	55'	45'	45'	45'	45'	45'	
													
	45'	45'	45'	45'	40'	45'	45'	45'	45'				

-  renforcement musculaire
-  cardio
-  renforcement muscles profonds, dos
-  danse

ouvert 7jours/7  
 lundi/mardi/mercredi/jeudi/vendredi - 7h/22h30  
 samedi et dimanche 9h/16h00

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 32 rue des marronniers  
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 sur  et sur  
[www.sport-one.fr](http://www.sport-one.fr)