	PLANNING SEPTEMBRE 2016										P.S.AT	
	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
9h30	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
10h30	RPM.		Sculpt 45'				PILATES 45'			AQUADYNAMIC 45'	RPM. 45'	
11h30		45'		AQUA CO TONUS RE				AQUA BIKING 45'	Cuisses Abdos Fessiers	AQUACOOL 45'	BODYPUMP 45'	
12h30	Since and	Conse	cxwonx		LESMILLS		LPSMILLS		Lesmills	Course		45'
13h00 13h30	PILATES	AQUA BIKING	30' STRETCHING		RPM.	AQUA 45'	BODYPUMP 45'	AQUADYNAMIC 45'	RPM.	📤 AQUA BIKING		AQUA BIKING
	+3	43	30		43	45	45	45	45	45'	DIMANCHE	
						NATATION DEBUTANT						ture de
17h00						Enfants Adultes 13h30- 17h30					9h à	13h30
17h30			Cuissos	NATATION LIBRE					PILATES			
18h00			Cuisses _{Abdos_{Fessiers}}	17h-18h					55'			
18h30	BODYPUMP RESULTS	AQUA BIKING	SH'BAM	AQUAIM	BODYBALANGE Training	AOUA BIKING	CXWORX 30'	AQUADYNAMIC	SIEP	BISPORT ANILA RIKING		
19h00	CXWORX 30'	45'	45'	45'	55' 45'	45'	BODYCOMBAT. 30'	45'	45'	45'		
20h00	BODYBALANCE Training 55' 45'	AQUADYNAMIC 45'	BODYPUMP.	AQUA BIKING	BODYCOMBAT RPM	45'	RPM.	AQUA BIKING	SH'BAM	AQUADYNAMIC 45'		
	BODYCOMBAT.	AQUA BIKING 45'	PILATES 45' LESMULS RPM 45'		45'	NATATION LIBRE	BODYPUMP.				A	1
	renforcement mu	sculaire		ouvert 7iour	c/7	·						

renforcement musculaire
cardio
renforcement muscles profonds, dos
danse

ouvert 7jours/7 lundi/mardi/mercredi/jeudi/vendredi - 9h/21h samedi - 9h/13h30 dimanche - 9h/13h30

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