














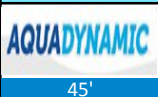















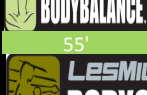

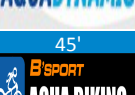
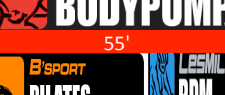
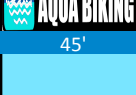
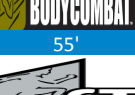

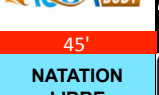














	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h30										
10h30										
	45'		45'				45'			45'
11h30										
		45'		45'				45'	45'	45'
12h30										
13h00										
13h30	45'	45'	30'		45'	45'	45'	45'	45'	45'
17h00						NATATION DEBUTANT Enfants Adultes 13h30- 17h30				
17h30				NATATION LIBRE 17h-18h						
18h00									55'	
18h30										
19h00		45'	45'	45'	55'	45'	45'	45'	45'	45'
20h00										
	55'	45'	45'	55'	45'	55'	45'	45'	45'	45'
							NATATION LIBRE			
	55'	45'	45'	45'		45'		55'		

-  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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