



# PLANNING DES ACTIVITES

À partir du 13 SEPTEMBRE 2021

■ AQUAFITNESS ■ NATATION ■ SUR MESURE

2 gammes de cours : océan (intense) ou lagon (modéré)

| LUNDI                                              | MARDI                                              | MERCREDI                                                                                                                                                                                | JEUDI                                              | VENDREDI                                                                                                                                        | SAMEDI                                             |
|----------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| aqua'BIKE CORE <span>océan</span><br>9h00 - 9h45   | aqua'GYM <span>lagon</span><br>9h00 - 9h45         | aqua'DYNAMIC <span>océan</span><br>9h00 - 9h45                                                                                                                                          | aqua'BODYBIKE <span>océan</span><br>9h00 - 9h45    | aqua'DOUCEUR <span>lagon</span><br>9h00 - 9h45                                                                                                  | aqua'DYNAMIC <span>océan</span><br>9h00 - 9h45     |
| aqua'DOS <span>lagon</span><br>10h05 - 10h50       | aqua'DYNAMIC <span>océan</span><br>10h05 - 10h50   | aqua'BODYBIKE <span>océan</span><br>10h05 - 10h50                                                                                                                                       | aqua'GYM <span>lagon</span><br>10h05 - 10h50       | aqua'SVELTE <span>océan</span><br>10h05 - 10h50                                                                                                 | aqua'WORK <span>océan</span><br>10h05 - 10h50      |
| aqua'DOUCEUR <span>lagon</span><br>11h10 - 11h55   | aqua'DUO <span>lagon</span><br>11h10 - 11h55       | aqua'DREAM <span>lagon</span><br>11h10 - 11h55                                                                                                                                          | aqua'DUO <span>lagon</span><br>11h10 - 11h55       | aqua'DOS <span>lagon</span><br>11h10 - 11h55                                                                                                    | aqua'BODYBIKE <span>océan</span><br>11h10 - 11h55  |
| aqua'DYNAMIC <span>océan</span><br>12h20 - 13h05   | aqua'BIKE CORE <span>océan</span><br>12h20 - 13h05 | aqua'WORK <span>océan</span><br>12h20 - 13h05                                                                                                                                           | aqua'BODYBIKE <span>océan</span><br>12h20 - 13h05  | aqua'CIRCUIT <span>océan</span><br>12h20 - 13h05                                                                                                | aqua'BIKE CORE <span>océan</span><br>12h20 - 13h05 |
| aqua'DUO <span>lagon</span><br>13h30 - 14h15       | aqua'DOUCEUR <span>lagon</span><br>13h30 - 14h15   | aqua'KIDS 1 <span>natation</span><br>13h45 - 14h30<br>14h30 - 15h15<br><br>aqua'KIDS 2 <span>natation</span><br>15h15 - 16h00<br><br>aqua'KIDS 3 <span>natation</span><br>16h15 - 17h00 | aqua'SVELTE <span>océan</span><br>13h45 - 14h30    | aqua'DREAM <span>lagon</span><br>13h45 - 14h30                                                                                                  | aqua'COACH-FAMILY-ANNIV<br>14h00 - 18h00           |
| aqua'BIKE CORE <span>océan</span><br>14h30 - 15h15 | Réservé 14h30 - 16h30                              |                                                                                                                                                                                         | Réservé 14h30 - 16h30                              | Réservé 14h30 - 15h30                                                                                                                           |                                                    |
| Réservé 15h20 - 16h20                              |                                                    |                                                                                                                                                                                         |                                                    |                                                                                                                                                 |                                                    |
| aqua'DREAM <span>lagon</span><br>16h30 - 17h15     | aqua'LIBERTY <span>lagon</span><br>16h30 - 17h15   |                                                                                                                                                                                         | aqua'LIBERTY <span>lagon</span><br>16h30 - 17h15   | aqua'ADULTES <span>natation</span><br>16h15 - 17h15                                                                                             | DIMANCHE                                           |
| aqua'WORK <span>océan</span><br>17h35 - 18h20      | aqua'CIRCUIT <span>lagon</span><br>17h35 - 18h20   | aqua'DOS <span>lagon</span><br>17h35 - 18h20                                                                                                                                            | aqua'BIKE CORE <span>océan</span><br>17h35 - 18h20 | aqua'EVEIL<br>(jardin aquatique)<br><br>9h00 - 9h45 (18m-2 ans)<br>9h45 - 10h30 (2-3 ans)<br>10h30 - 11h15 (3-4 ans)<br>11h15 - 12h00 (4-5 ans) |                                                    |
| aqua'DYNAMIC <span>océan</span><br>18h40 - 19h25   | aqua'BODYBIKE <span>océan</span><br>18h40 - 19h25  | aqua'DUO <span>lagon</span><br>18h40 - 19h25                                                                                                                                            | aqua'DYNAMIC <span>océan</span><br>18h40 - 19h25   |                                                                                                                                                 |                                                    |
| aqua'BODYBIKE <span>océan</span><br>19h45 - 20h30  | aqua'BOXING <span>océan</span><br>19h45 - 20h30    | aqua'BIKE CORE <span>océan</span><br>19h45 - 20h30                                                                                                                                      | aqua'BOXING <span>océan</span><br>19h45 - 20h30    |                                                                                                                                                 |                                                    |

Le planning est susceptible d'évoluer en cours d'année - 3 personnes minimum par séance