


Planning été 2023 du 03/07 au 03/09

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | | SAMEDI | DIMANCHE | | |
|---|----------|---------|----------|----------|----------|---|---------|---|--|--|
| 08H45 | BIKE | | BIKE | GYM | BIKE | 09H00 | | 8H00/09H00 Bébés nageurs | | |
| 10H00 | BIKE | RUNNING | GYM | BIKE | RUNNING | 10H00 | BIKE | 09h00/10h00 Bébés nageurs | | |
| 11H15 | RUNNING | GYM | RUNNING | TRAINING | BOXING | 11H00 | RUNNING | 10h00/11h00 Bébés nageurs | | |
| 12H15 | GYM | BIKE | BIKE | RUNNING | BIKE | 12H15 | | 11h00/12h00 Jardin aquatique | | |
| 13H15 | BIKE | | TRAINING | BOXING | BIKE | | | | | |
| Cours particuliers : natation, aquaphobie, aquagym, aquabike. DAVID 06 52 45 90 22 | | | | | |  <p>AQUA DOMICILE Natation - Aqua fitness - Entraîné</p> <p>Cours particuliers : natation, aquaphobie, aquagym, aquabike. DAVID 06 52 45 90 22</p> | | | | |
| 15H45 | | | RUNNING | GYM | | | | | | |
| 17H00 | TRAINING | | BIKE | BOXING | BIKE | | | | | |
| 18H15 | BIKE | RUNNING | TRAINING | BIKE | RUNNING | | | | | |
| 19H30 | RUNNING | BIKE | BOXING | BIKE | TRAINING | | | | | |