

COURS COLLECTIFS

STUDIO AQUATIQUE

LEMPDES-SUR-ALLAGNON

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9 ^H 45 - 10 ^H 30 AQUA DYNAMIC	9 ^H 45 - 10 ^H 30 AQUA BIKE	9 ^H 15 - 10 ^H 00 AQUA PILATES	9 ^H 45 - 10 ^H 30 AQUA GYM	9 ^H 45 - 10 ^H 30 AQUA BIKE	10 ^H 00 - 10 ^H 45 AQUA BIKE
10 ^H 45 - 11 ^H 30 AQUA GYM	10 ^H 45 - 11 ^H 30 AQUA DOUCE	10 ^H 15 - 12 ^H 00  ÉCOLE NATATION	10 ^H 45 - 11 ^H 30 AQUA DYNAMIC	10 ^H 45 - 11 ^H 30 AQUA DOUCE	11 ^H 00 - 11 ^H 45 AQUA GYM
	12 ^H 20 - 13 ^H 00 AQUA BIKE			12 ^H 20 - 13 ^H 00 AQUA BIKE	
		15 ^H 45 - 17 ^H 30  ÉCOLE NATATION		17 ^H 00 - 17 ^H 45  ÉCOLE NATATION	
17 ^H 45 - 18 ^H 30 AQUA BOXING	17 ^H 45 - 18 ^H 30 AQUA BIKE	17 ^H 45 - 18 ^H 30 AQUA GYM	17 ^H 45 - 18 ^H 30 AQUA DYNAMIC	18 ^H 00 - 18 ^H 45 AQUA BIKE	
18 ^H 45 - 19 ^H 30 AQUA BIKE	18 ^H 45 - 19 ^H 30 AQUA GYM	18 ^H 45 - 19 ^H 30 AQUA BOXING	18 ^H 45 - 19 ^H 30 AQUA BIKE		
19 ^H 30 - 20 ^H 15 AQUA BIKE	19 ^H 30 - 20 ^H 15 AQUA PILATES				