



VitalSpa

Accélérateur d'optimisme

Planning des cours d'aquagym et d'aquabike du 04/09 au 30/12/2017

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h00 - 09h45	aquagym douce		aquagym douce			
10h00 - 10h30		aquabike		aquabike		aquabike
10h00 - 10h45	aquagym douce		aquagym douce		aquagym douce	
10h40 - 11h10				aquabike		aquabike
10h45 - 11h30		circuit training				
11h00 - 11h45	aquagym tonique		aquagym tonique		aquagym tonique	
11h30 - 12h15				aquagym tonique		circuit training
11h40 - 12h10		aquabike				
12h00 - 12h30	aquabike		aquabike			
12h00 - 12h45					circuit training	
12h20 - 12h50		aquabike				
12h30 - 13h00						aquabike
12h30 - 13h15				circuit training		
12h40 - 13h10	aquabike		aquabike			
13h00 - 13h30					aquabike	
13h15 - 14h00		aquagym tonique				aquagym tonique
13h20 - 13h50	aquabike		aquabike	aquabike		
15h00 - 15h45					circuit training	
16h00 - 16h45					aquagym douce	
17h00 - 17h30	aquabike				aquabike	
17h00 - 17h45		aquagym douce	aquagym douce	aquagym douce		
17h40 - 18h10	aquabike				aquabike	
18h00 - 18h45		aquagym tonique		aquagym tonique		
18h15 - 18h45			aquabike			
18h30 - 19h15	circuit training				circuit training	
19h00 - 19h30		aquabike		aquabike		
19h00 - 19h45			circuit training			
19h30 - 20h15	aquagym tonique				aquagym tonique	
19h45 - 20h30		circuit training		circuit training		
20h00 - 20h30			aquabike			