	LUNDI			MARDI			MERCREDI				JEUDI			VENDREDI			SAMEDI		
	cours collectifs	cross training	Cours aquatique	cours collectifs	cross training	Cours aquatique	cours collectifs	cross training		Cours aquatique	cours collectifs	cross training	Cours aquatique	cours collectifs	cross training	Cours aquatique	cours collectifs	cross training	Cours aquatique
8h30		8H30-9h15 CROSSTRAINING			8H30-9h15 CROSSTRAINING										8H30-9h15 CROSSTRAINING				
9H	9h30-10h15 GYM SENIOR		9h30-10h15 AQUABIKE			9h30-10h15 AQUATONIC				9H45-10H30 AQUABIKE	9h30-10h00 RENFO			9h45-10h30 GYM DOUCE			9h30-10h15 CAF		
10h	10h15-10h45 MOBILITE		10h30-11h15 AQUADOUCE	10h00-10h45 PILATES			10h00-10h45 PILATES				10h00-10h30 MOBILITE		10h-10h45 AQUATONIC			10h30-11h15 AQUABIKE	10h20-11h05 CIRCUIT TRANING		10h-10H45 NATATION ENFANTS 4/6ANS
11h				10h45-11h15 STRETCHING			10h45-11h15 STRETCHING			11h00-11h45 NATATION ENFANTS 4/6 ANS				10h30-11h15 PILATES					11h15-12h AQUABIKE
12h	12h30-13h00 BIKING	12h30-13h15 CROSSTRAINING	12h30-13h15 AQUABIKE		12h30-13h15 CROSSTRAINING	12h30-13h15 AQUABIKE		12h30-13h15 CROSSTRAINING					12h30-13h15 AQUABIKE		12h30-13h15 CROSSTRAINING	12h30-13h15 AQUATONIC			
13h	13h00-13h30 RENFO																		
14H										14h30-15h15 NATATION ENFANTS 4/6ANS									
15H										15h45-16h-30 NATATION ENFANTS 6/8ANS									
16H																			
17H	17h30-18h15 RENFO	17h30-18h30 CROSSTRAINING		17h30-18h15 PILATES	17h45-18h15 MOBILITE		17h30-18h15 RENFO	17h30-18h15 CARDIO TRAINING			17h30-18h15 CIRCUIT TRANING			17h45-18h30 RENFO	17h45-18h30 CARDIO TRAINING	17h30-18h15 NATATION ENFANTS 4/6ANS			
18H	18h30-19h15 BIKING	18h30-19h30 CROSSTRAINING	18h30-19h15 AQUABIKE	18h15-19h00 CAF	18h15-19h15 CROSSTRAINING		18h15-19h00 STEP DEBUTANT	18h15-19h00 CARDIO TRAINING		18h30-19h15 AQUABIKE	18h15-19h00 CAF	18h15-19h15 CROSSTRAINING	18h30-19h15 AQUABIKE	18h30-19h30 STEP DEB / INTER	18h30-19h15 CARDIO TRAINING	18h45-19h30 AQUABIKE		
19H	19h15-20h00 PILATES	19h30-20h30 CROSSTRAINING	19h30-20h15 AQUATONIC	19H00-19H45 STEP DEB / INTER	19h15-20h15 CROSSTRAINING		19h00-19h45 MOBILITE	19h00-20h00 CROSSTRAINING	19h15-20h00 Sophrologie	19h30-20h15 AQUABIKE	19h00-19h45 BIKING	19h15-20h15 CROSSTRAINING		19h30-20h00 STRETCHING					
20H				19h45-20h45 YOGA	20h15-21h15 INITIATION HALTERO	20h00-20h45 AQUABIKE	19h45-20h15 STRETCHING				19h45-20h30 PILATES								
21H																			