


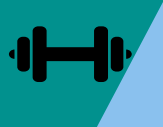

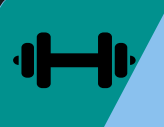

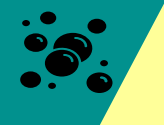






LUNDI

- 09h15  AQUA GYM
- 10h15  AQUA BOOST
- 11h15  SPA & SAUNA
- 12h30  AQUA TRAINING
- 15h00  AQUA GYM
- 18h00  AQUA TRAINING
- 19h00  AQUA BOOST
- 20h00  AQUA PILATES


MARDI

- 09h15  AQUA TRAINING
- 10h15  AQUA GYM
- 11h15  DÉTENTE LIBRE
- 12h30  AQUA BOOST
- 13h30  AQUA GYM BOOST
- 15h00  AQUA TRAINING
- 17h00  AQUA PILATES



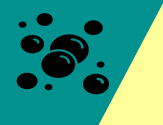

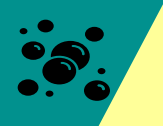




- 19h00  AQUA TRAINING
- 20h00  AQUA BOOST

MERCREDI

- 11h15  DÉTENTE LIBRE
- 12h30  AQUA GYM BOOST
- 14h30  DÉTENTE LIBRE
- 15h30  AQUA TRAINING

- 20h00  AQUA BIKE ABDOS


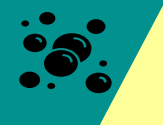

JEUDI

- 09h15  AQUA GYM
- 10h15  AQUA PILATES
- 11h15  DÉTENTE LIBRE
- 12h30  AQUA BIKE ABDOS
- 14h00  DÉTENTE LIBRE
- 17h00  AQUA GYM
- 18h00  AQUA TRAINING
- 19h00  AQUA GYM BOOST
- 20h00  AQUA BOOST

VENDREDI

- 10h15  AQUA PILATES
- 11h15  DÉTENTE & RITUEL
- 12h30  AQUA TRAINING
- 15h00  DÉTENTE & RITUEL
- 16h00  AQUA GYM
- 17h00  AQUA TRAINING
- 18h00  AQUA BIKE ABDOS
- 19h00  AQUA GYM
- 20h00  AQUA GYM BOOST

SAMEDI

- 09h00  AQUA TRAINING
- 10h00  DÉTENTE LIBRE
- 12h00  AQUA BIKE ABDOS

