

# PLANNING HEBDOMADAIRE

| Lundi                     | Mardi                         | Mercredi                                                                                                                                                      | Jeudi                 | Vendredi                  | Samedi                                                     | dimanche                                      |  |
|---------------------------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|---------------------------|------------------------------------------------------------|-----------------------------------------------|--|
| 9h15<br>Aquabike          | 9h30<br>Aquagym               | 9h15<br>Aquabike                                                                                                                                              | 9h30<br>Aquagym       | 9h30<br>Aquagym           | 9h00<br>Aquabike                                           | 9h00 Bébés Nageurs 5<br>mois – 24 mois        |  |
|                           |                               |                                                                                                                                                               |                       |                           |                                                            | 9h45 Bébés Nageurs 5<br>mois – 24 mois        |  |
| 10h30<br>Aquagym          | 10h45<br>Aquafitness          | 10h30 Circuit<br>Training                                                                                                                                     | 10h45<br>Aquagym*     | 10h45 Circuit<br>Training | 10h15 Circuit<br>Training                                  | 10h30Jardin d'éveil 24<br>mois – 4 ans        |  |
| 11h30 Natation Ind        | 11h30 Natation Ind            | 11h30 Natation<br>groupe 4ans<br>12hNatation<br>débutant<br>12h45Natation<br>perfectionnement<br>13h30 Natation Ind<br>14h Natation Ind<br>14h30 Natation Ind | 11h30 Natation Ind    | 11h30 Natation Ind        | 11h30 Natation Ind                                         | * VOIR PLANNING<br>DE RESERVATION<br>EN LIGNE |  |
| 12h30 Circuit<br>Training | 12h30<br>Aquabike             |                                                                                                                                                               | 12h30<br>Aquafitness* | 12h30<br>Aquabike         | 12h Natation Ind<br>12h30 Natation Ind<br>13h Natation Ind |                                               |  |
|                           |                               |                                                                                                                                                               |                       |                           | SOIN JANZU SUR<br>RDV                                      |                                               |  |
|                           |                               |                                                                                                                                                               |                       |                           |                                                            |                                               |  |
|                           |                               |                                                                                                                                                               |                       |                           |                                                            |                                               |  |
| 17h Natation Ind          | 17h Natation Ind              | 15hNatation<br>perfectionnement                                                                                                                               | 17h Natation Ind      | 17h Natation Ind          |                                                            |                                               |  |
| 17h30 Natation Ind        | 17h30 Natation<br>groupe 4ans |                                                                                                                                                               | 17h30 Natation Ind    | 17h30 Natation Ind        |                                                            |                                               |  |
| 18h15<br>Aquafitness*     | 18h15<br>Aquafitness*         | 18h30<br>Aquatrapoline                                                                                                                                        | 18h15<br>Aquabike     | 18h15<br>Aquafitness*     |                                                            |                                               |  |
| 19h30<br>Aquabike         | 19h30<br>Aquabike             | 19h45<br>Aquabike                                                                                                                                             | 19h30<br>Aquafitness* | 19h30<br>Aquabike         |                                                            |                                               |  |

