

Planning des cours du Mardi 15 au dimanche 20 octobre 2019

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

DIMANCHE

MATIN

Infos sur www.aquaformes.fr
01 47 94 63 49 - jrougier@avgomnisports.com

9h45 – 10h30

**AquaBike
Malik**

MIDI

12h30 – 13h15

**AquaBike
Emeric**

12h15 – 13h00

**AquaGym
Circuit Training
Axel**

12h30 – 13h15

**AquaBike
Emeric**

12h15 – 13h00

**AquaBike
Abdelaziz**

SOIR

19h00 – 19h45

**AquaBike
Emeric**

19h45 – 20h30

**AquaGym
Circuit Training
Emeric**

20h30 – 21h00

**AquaJump
Emeric**

19h15 – 20h00

**AquaGym
Circuit Training
Emeric**

20h00 – 20h30

**AquaJump
Emeric**

18h45 – 19h30

**AquaBike
Emeric**

19h30 - 20h15

**AquaGym
Circuit training
Emeric**

20h15 – 21h00

**AquaBike
Malik**

