

PLANNING AQUASPORTS RENTRÉE 2018-2019

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
09h00 ³⁰ aquabiking	09h00 ³⁰ aquabiking	09h00 ³⁰ aquabiking			08h45 ⁴⁵ bb nageur	09h00 ³⁰ aquabiking
09h45 ⁴⁵ aquafitness ^(R)	09h45 ⁴⁵ aquafitness ^(R)	09h45 ⁴⁵ aquafitness ^(R)			09h45 ³⁰ kid's mania	09h45 ⁴⁵ aquafitness
10h45 ³⁰ aquabiking	10h45 ⁴⁵ aquafitness	10h45 ⁴⁵ aquafitness			10h00 ⁴⁵ aquafitness	
11h30 ⁴⁵ aquafitness	11h45 ³⁰ aquabiking	11h45 ³⁰ aquabiking			11h00 ⁴⁵ aquafitness	
12h30 ⁴⁵ aquafitness	12h30 ⁴⁵ aquafitness		12h00 ⁴⁵ aquafitness	12h00 ³⁰ aquabiking	12h00 ³⁰ aquabiking	
			13h00 ³⁰ aquabiking	12h45 ⁴⁵ aquafitness		
18h00 ⁴⁵ aquafitness	16h00 ⁴⁵ aquafitness	18h00 ⁴⁵ aquafitness	16h15 ³⁰ aquabiking	16h15 ⁴⁵ aquafitness		
	17h00 ⁴⁵ aquafitness		18h00 ³⁰ aquabiking	17h15 ⁴⁵ aquafitness		
	18h00 ⁴⁵ aquafitness		18h45 ⁴⁵ circ. training ^(R)	18h15 ³⁰ aquabiking		
19h00 ³⁰ aquabiking	19h00 ⁴⁵ aquafusion	19h00 ³⁰ aquabiking	19h45 ⁴⁵ aquafitness			
19h45 ⁴⁵ aquafitness	20h00 ⁴⁵ aquaboxing	19h45 ⁴⁵ bodypalm				
	21h00 ³⁰ aquabiking					



intensités
COOL TONIC BOOST XTREM

^(R) = COURS BASIC SUR RESERVATION

Réservations via www.sopool.fr / l'application HEITZ / directement à l'ACCUEIL

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11h30 ⁴⁵ aquafitness	11h45 ³⁰ aquabiking	11h45 ³⁰ aquabiking			11h00 ⁴⁵ aquafitness	
12h30 ⁴⁵ aquafitness	12h30 ⁴⁵ aquafitness		12h00 ⁴⁵ aquafitness	12h00 ³⁰ aquabiking	12h00 ³⁰ aquabiking	
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