

Planning Centre Roosevelt Rumilly 2017 - 2018

	Lundi			Mardi			Mercredi			Jeudi			Vendredi			Samedi			Dimanche	
	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Gymnase	Cardio	Piscine	Cardio
8h			8h			8h			8h			8h			8h					
8h30	Aquabike libre			Aquabike libre			Aquabike libre			Aquabike libre			Aquabike libre							
9h	Aquagym			Aquafitness			Aquasanté			Aquafitness	9h Stretching		Aquagym	9h Pilates 1		Aquabike minceur		9h	9h Bébés nageurs	9h
9h15																				
9h45		Pilates 3																		
10h	Aquadouce			Aquagym			Aquabike minceur			Aquagym	10h Ecole du dos cours		Rumilly Accueil	10H Viniyoga		Aquabike tonic				
10h15																				
11h	Aquabike libre			Aquabike libre			Aquabike libre			Aquabike libre			Aquabike libre			Aqua CAF				11h Aquabike tonic
11h45																				
12h	Aquabike libre									Aquabike libre						Natation adultes				12h
12h30	Aqua CAF	Méditation		Aqua circuit training	12H30 Pilates 2		Aquabike tonic			Aquabike minceur			Aquafitness							
13h																				
13h30	Aquabike libre			13h30						Aquabike libre			13h30							
14h				Natation Scolaire									Natation Scolaire							14h
15h	Aquagym									Aquabike libre				14H30 Pilates 1						
16h							16h													
16h15	Aquabike libre						Natation enfants			Aquadouce			Aquabike libre							
17h							17h													
17h15	Aquafitness			Aquabike libre			Natation adultes			Aquagym			Aquabike minceur							
18h																				
18h15	Aquabike libre	18h CAF		Aqua CAF	18h Pilates 1		Aquabike libre		18h	Gym ball		18h15	Ecole du dos modules		Aquabike libre	18h Satiam Yoga				
19h																				
19h15	Aquagym		19h Circuit	Aquabike minceur	19h Viniyoga	19h	Aqua CAF	19h	19h	Pilates 2	19h	Aquabike tonic	19h	Pilates 2/3		Aquabike minceur				19h
20h																				
20h15	Aquabike tonic	20h15 Stretching		Aquabike tonic	20h Viniyoga		Aquafitness						Aquabike minceur	20h15	20h15					
21h																				

NOUVEAUTES



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