

# Planning Centre Roosevelt Rumilly Noël S52

Du 25 au 31 décembre 2017

	Lundi 25			Mardi 26			Mercredi 27			Jeudi 28			Vendredi 29			Samedi 30			Dimanche 31	
	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					
9h				8h30 Aquabike libre			8h30 Aquabike libre			8h30 Aquabike libre			8h30 Aquabike libre						9h Aquabike minceur	
9h15				9h15 Aquafitness			9h15 Aguasanté			9h15 Aquafitness	9h Stretching		9h15 Aqua gym	9h Pilates 1						9h Cardio
10h				10h15 Aqua gym			10h15 Aquabike minceur			10h15 Aqua gym	<del>10h Ecole du dos cours</del>		10h15 Rumilly Accueil	<del>10h Viniyoga</del>					10h Aquabike tonic	
11h				11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h Aquabike libre						11h Aqua CAF	
12h										11h45 Aquabike libre										12h Cardio
12h30				12h30 Aqua circuit training	12h30 Pilates 2		12h30 Aquabike tonic			12h30 Aquabike minceur			12h30 Aquafitness							
13h																				
13h30				13h30 Natation Scolaire						13h30 Aquabike libre			13h30 Natation Scolaire							
14h																				
15h										15h Aquabike libre	<del>14h30 Pilates 1</del>									
16h							16h Natation enfants			<del>16h15 Aqua douce</del>			16h15 Aquabike libre							
17h				17h15 Aquabike libre			17h Natation adultes						17h15 Aquabike minceur							
18h				18h15 Aqua CAF	18h Pilates 1		18h15 Aquabike libre	18h Gym ball		18h15 Aqua Surprise	18h Ecole du dos modules		18h15 Aquabike libre	<del>18h Sattam yoga</del>						
19h				19h15 Aquabike minceur	<del>19h Viniyoga</del>	19h Circuit	19h15 Aqua CAF	19h Pilates 2	19h Circuit	19h15 Aqua Christmas	19h Pilates 2/3		<del>19h15 Aquabike minceur</del>	<del>19h Circuit</del>						
20h				20h15 Aquabike tonic	<del>20h Viniyoga</del>		20h15 Aquafitness	20h Pilates 1		20h15 Aqua Christmas	20h15 Stretching									
21h						21h			21h											

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Tél : 04.50.01.60.00

www.centre-roosevelt.com

# Planning Centre Roosevelt Rumilly Noël S01

Du 1 er au 7 janvier 2018

Heure	Lundi 1er			Mardi 2			Mercredi 3			Jeudi 4			Vendredi 5			Samedi 6			Dimanche 7	
	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					
9h				8h30 Aquabike libre			8h30 Aquabike libre			8h30 Aquabike libre			8h30 Aquabike libre							9h Bébés nageurs
9h15				9h15 Aquafitness			9h15 Aguasanté			9h15 Aquafitness	9h Stretching		9h15 Aquagym	9h Pilates 1						
10h				10h15 Aquagym			10h15 Aquabike minceur			10h15 Aquagym	10h Ecole du dos cours		10h15 Rumilly Accueil	10h Viniyoga						10h Aquagym
11h				11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h Aquabike libre							11h Aquabike tonic
12h										11h45 Aquabike libre										
12h30				12h30 Aqua circuit training	12h30 Pilates 2		12h30 Aquabike tonic			12h30 Aquabike minceur			12h30 Aquafitness							
13h																				
14h				13h30 Natation Scolaire						13h30 Aquabike libre			13h30 Natation Scolaire							
15h										15h Aquabike libre	14h30 Pilates 1									
16h							16h Natation enfants													
17h				17h15 Aquabike libre			17h Natation adultes			16h15 Aquadouce			16h15 Aquabike libre							
18h										17h15 Aquagym			17h15 Aquabike minceur							
18h15				18h15 Aqua CAF	18h Pilates 1		18h15 Aquabike libre	18h Gym ball		18h15 Aquabike tonic	18h Ecole du dos modules		18h15 Aquabike libre	18h Satiama Yoga						
19h				19h15 Aquabike minceur	19h Viniyoga	19h Circuit	19h15 Aqua CAF	19h Pilates 2	19h Circuit	19h15 Aquabike tonic	19h Pilates 2/3		19h15 Aquabike minceur							
20h				20h15 Aquabike tonic	20h Viniyoga		20h15 Aquafitness	20h Pilates 1		20h15 Aquabike minceur	20h15 Stretching									
21h						21h		21h				21h								

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CENTRE  
**ROOSEVELT**  
*la santé par le mouvement*

Tél : 04.50.01.60.00

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