



AQUABIKE & BEAUTÉ

Votre centre esthétique et de remise en forme à JACOU

PLANNING

	Lundi	Marrdi	Mercredi	Jeudi	Vendredi	Samedi
8H45						BEBE NAGEUR
9H30	AQUAFFIT	GYM/BIKE	CIRCUIT TRAINING	BIKE	AQUAFFIT	BEBE NAGEUR
10H30	CIRCUIT TRAINING	AQUAFFIT	GYM/BIKE	CIRCUIT TRAINING	GYM/BIKE	BEBE NAGEUR
11H30	BIKE		BIKE		BIKE	BIKE
12H30	SPEED BIKE 30'	CIRCUIT TRAINING	BIKE	SPEED BIKE 30'	CIRCUIT TRAINING	
13H15	SPEED BIKE 30'			SPEED BIKE 30'		
14H30			ECOLE DE NATATION			JARDIN AQUATIQUE
15H15			ECOLE DE NATATION			JARDIN AQUATIQUE
16H			ECOLE DE NATATION			
16H45						
17H30	CIRCUIT TRAINING	BIKE	GYM/BIKE	BIKE	GYM/BIKE	
18H30	BIKE	CIRCUIT TRAINING	BIKE	CIRCUIT TRAINING	BIKE	
19H30	BIKE	BIKE	CIRCUIT TRAINING	BIKE		
20H15	BIKE					