



AQUABIKE & BEAUTÉ

Votre centre esthétique et de remise en forme à JACOU

PLANNING 2017 / 2018

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi <i>(Hors vacances scolaires)</i>
9H30	AQUAFIT	GYM/BIKE	CIRCUIT TRAINING	AQUABIKE	AQUAFIT	9h15 Bébé nageur 6/12 mois
10H30	CIRCUIT TRAINING	AQUAFIT	GYM/BIKE	CIRCUIT TRAINING	GYM/BIKE	10h Bébé nageur 12/24 mois
12H15	SPEED BIKE 30'	CIRCUIT TRAINING	BIKE	SPEED BIKE 30'	CIRCUIT TRAINING	10h45 Jardin Aquatique 2/3 ans
13H00	SPEED BIKE 30'			SPEED BIKE 30'		11h45 BIKE
14H00			ECOLE NATATION 5/6 ANS débutant			
14H45			ECOLE NATATION 5/6 ANS niveau 1			
15H30			Jardin aquatique 3/4 ans			
17H30	CIRCUIT TRAINING	BIKE	GYM/BIKE	BIKE	WATFIT LE FITNESS SUR L'EAU	
18H30	BIKE	CIRCUIT TRAINING	BIKE	CIRCUIT TRAINING	18h15 WATFIT LE FITNESS SUR L'EAU	
19H30	BIKE	BIKE	CIRCUIT TRAINING	BIKE		
20H15	BIKE					