

Aquasports 2023/2024

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche & jours fériés
08h00 (30*) aquabiking		07h45 (45) aquafitness	08h00 (30*) aquabiking	8h00 (45) aquafitness		
08h30 (45) aquafitness	08h30 (45) aquafitness	08h45 (45) aquafitness	08h30 (45) aquafitness	09h15 (45) aquafitness		09h15 (45) aquafitness
11h15 (45) aquafitness	11h15 (45) aquafitness		11h15 (45) aquafitness	11h15 (45) aquafitness		10h15 (30) aquabiking
12h15 (30) aquabiking	12h15 (30) aquabiking	12h15 (45) aquafitness	12h15 (45) aquafitness	12h15 (45) aquapower		11h00 (45) bodypalm
13h00 (45) aquafitness	13h00 (45) aquaboxing	13h15 (30) aquabiking	13h00 (45) bodypalm	13h15 (30) aquabiking	13h00 (45) aquafitness	
16h15 (45) (30)* aquafitness	16h15 (45) aquafitness		13h15 (30) aquabiking			
17h00 (45) aquabiking	17h15 (45) aquafitness	17h15 (30) aquabiking	16h15 (45) aquafitness	16h15 (45) aquafitness	16h15 (45) aquafitness	16h15 (45) aquafitness
17h00 (45) aquafitness	17h15 (45) aquafitness	18h00 (45) aquabiking	17h15 (45) aquafitness	17h15 (45) aquafitness	17h15 (30) aquabiking	17h15 (30) aquabiking
18h00 (30) aquabiking	18h15 (45) aquafitness	18h00 (45) aquafitness	18h15 (30) aquabiking	18h15 (45) aquafitness		
18h45 (45) aquafitness	19h15 (30) aquabiking	19h00 (45) aquafitness	19h00 (45) aquapower	19h15 (30) aquabiking		
19h45 (45) aquaboxing	20h00 (45) aquafusion	20h00 (45) bodypalm	20h00 (45) aquafitness			
		20h15 (30)* aquafitness				

intensités →

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* Cours dans le bassin nordique (jusqu'au 23 octobre 2023)

Du 4 septembre 2023 au 7 janvier 2024 (hors vacances)