

## Lundi

## PISCINE

|             |                        |
|-------------|------------------------|
| 13:00       | Nage libre             |
| 14:00       | ● Aqua Gym             |
| 15:00       | ● Aqua Bike            |
| 16:00-19:00 | ● Accoutumance enfants |
| 16:00-18:00 | ★ Baby Swim            |
| 19:00       | ● Aqua Gym             |
| 20:00       | ● Aqua Bike            |

## SALLE

|       |           |
|-------|-----------|
| 19:15 | ■ Pilates |
| 20:15 | ■ Pilates |

## Mardi

## PISCINE

|             |                                   |
|-------------|-----------------------------------|
| 16:00-18:30 | ■ ▲ Accoutumance Natation enfants |
| 18:30       | ▲ Aqua Bike                       |
| 19:30       | Nage libre                        |

## SALLE

|       |                           |
|-------|---------------------------|
| 20:00 | ▲ Renforcement Musculaire |
|-------|---------------------------|

## Mercredi

## PISCINE

|             |                                   |
|-------------|-----------------------------------|
| 9:30-11:30  | ★ Baby Swim                       |
| 14:00-18:30 | ● ■ Accoutumance Natation enfants |
| 18:00       | ● Aquapilates                     |
| 19:00       | ● Aqua Bike                       |
| 20:00       | ● Aqua Dynamics                   |

## SALLE

|       |                |
|-------|----------------|
| 16:30 | ◆ Yoga Enfants |
| 18:00 | ◆ Yoga Vinyasa |
| 19:00 | ▲ Swiss Ball   |
| 20:00 | ▲ Pilates      |

## Jeudi

## PISCINE

|             |                                   |
|-------------|-----------------------------------|
| 10:30       | ● Aqua Gym                        |
| 11:30       | ● Aqua Bike                       |
| 13:00       | Nage libre                        |
| 16:00-18:00 | ▲ ● Accoutumance Natation enfants |
| 18:00       | ▲ Aqua Bike                       |
| 19:00       | ▲ Aqua Gym                        |
| 20:15       | Nage libre                        |

## SALLE

|       |                           |
|-------|---------------------------|
| 17:00 | ▼ Breakdance enfants      |
| 20:15 | ▲ Renforcement Musculaire |

## Vendredi

## PISCINE

|             |                                   |
|-------------|-----------------------------------|
| 14:00       | Nage libre                        |
| 15:00       | ◆ Aquagym                         |
| 16:00-18:30 | ◆ ▲ Accoutumance Natation enfants |
| 18:30       | ◆ Aqua Bike                       |

## Samedi

## PISCINE

|             |                          |
|-------------|--------------------------|
| 09:00       | ● Aqua Gym               |
| 10:00       | ● Aqua Bike              |
| 11:00-13:00 | ● ▲ Accoutumance enfants |
| 13:00-18:00 | ● ★ Baby Swim            |

## SALLE

|       |              |
|-------|--------------|
| 09:00 | ▲ Pilates    |
| 10:00 | ▲ Stretching |

## Dimanche

## PISCINE

|             |                                 |
|-------------|---------------------------------|
| 09:00       | ● Aqua Bike                     |
| 10:00-13:00 | ● Accoutumance Natation enfants |
| 10:00-13:00 | + ● Baby Slow                   |
| 14:00-16:00 | ● ● Baby Swim                   |

Notre équipe de coaches Axéo

● Christelle

■ Gaele

▲ Alexandre

▼ Mathieu

◆ Erika

◆ Anne-Marie

● Igor

★ Marie-Ange

+ Audrey

■ Laura

● Bertrand

● Lisa