

Planning Centre Roosevelt Rumilly 2018-2019

	Lundi			Mardi			Mercredi			Jeudi			Vendredi			Samedi			Dimanche	
	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			8h					
8h30	Aquabike libre			Aquabike libre			Aquabike libre			Aquabike libre			Aquabike libre							
9h	9h15 Aquagym			9h15 Aquafitness			9h15 Aquasanté			9h15 Aquafitness	9h Stretching		9h15 Aquagym	9h Pilates 1		9h Aquabike minceur		9h	9h Bébés nageurs	9h
9h45		Pilates 2/3																		
10h	10h15 Aquadouce			10h15 Aquagym	10h Ecole du dos modules		10h15 Aquabike minceur			10h15 Aquagym	10h Ecole du dos cours		10h15 Rumilly Accueil	10h Viniyoga		10h Aquabike tonic			10h Aquagym	
11h	11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h Aquabike libre			11h Aqua CAF			11h Aquabike équilibre	
12h																				12h
12h30	12h30 Aqua CAF	12h30 Méditation		12h30 Aqua circuit training	12h30 Pilates 2		12h30 Aquabike tonic			12h30 Aquabike minceur	12h30 Hatha Yoga		12h30 Aquafitness							
13h																				
13h30	13h30 Aquabike libre									13h30 Rumilly Accueil										14h
14h																				
15h	15h Aquagym									15h Aquabike libre										
16h							16h Natation enfants			16h15 Aquadouce			16h15 Aquabike libre							
17h	17h15 Aquafitness	17h Hatha Yoga		17h15 Aquabike libre			17h Natation adultes			17h15 Aquagym			17h15 Aquabike minceur							
18h	18h15 Aquabike libre	18h CAF		18h15 Aqua CAF	18h Pilates 1		18h15 Aquabike libre	18h Gym ball		18h15 Aquabike tonic			18h15 Aquabike libre	18h Satiam Yoga						
19h	19h15 Aquagym		19h15 Circuit	19h15 Aquabike minceur	19h Viniyoga	19h15 Circuit	19h15 Aqua CAF	19h Pilates 2	19h15 Circuit	19h15 Aquabike minceur Plus	19h Pilates 2/3		19h15 Aquabike équilibre							
20h	20h15 Aquabike équilibre	20h15 Stretching			20h Viniyoga		20h15 Aquafitness	20h Pilates 1			20h15 Stretching									
21h			21h						21h											



Tél : 04.50.01.60.00

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