



PLANNING DES ACTIVITÉS

School period 2023/2024

MONDAY

9:15AM - 10AM
AQUAFIT
Balneotherapy pool

10:15AM - 11AM
AQUAFIT
Balneotherapy pool

11:15AM - 12PM
GENTLE AQUAGYM
Balneotherapy pool

12:30PM - 1PM
AQUABIKING
Play pool

6:15PM - 7PM
AQUABUILDING
Play pool

7:15PM - 8PM
INTENSIVE AQUABIKING
Play pool

TUESDAY

9:15AM - 10AM
AQUAFIT
Balneotherapy pool

10:15AM - 10:45AM
AQUABIKING
Balneotherapy pool

12:30PM - 1PM
AQUAFIT
Play pool

3:15PM - 4PM
GENTLE AQUAGYM
Balneotherapy pool

6:15PM - 7PM
AQUAFIT
Balneotherapy pool

7:15PM - 8PM
AQUATRAMP'O
Play pool

8:15PM - 9PM
INTENSIVE AQUABIKING
Play pool

WEDNESDAY

8:15AM - 9AM
AQUAFIT
Play pool

9:15AM - 10AM
AQUAFIT
Balneotherapy pool

10:15AM - 10:45AM
AQUABIKING
Balneotherapy pool

6:15PM - 7PM
INTENSIVE AQUABIKING
Balneotherapy pool

FIN'FITNESS
Sports pool

7:15PM - 8PM
PADDLE FITNESS
Sports pool

AQUAFIT
Balneotherapy pool

AQUABUILDING
Play pool

THURSDAY

9:15AM - 10AM
AQUAFIT
Balneotherapy pool

10:15AM - 11AM
AQUAFIT
Balneotherapy pool

12:30PM - 1PM
AQUAFIT
Play pool

3:15PM - 4PM
GENTLE AQUAGYM
Balneotherapy pool

6:15PM - 7PM
AQUAFIT
Balneotherapy pool

AQUATRAMP'O
Play pool

7:15PM - 8PM
AQUATRaining
Play pool

FRIDAY

9:15AM - 10AM
AQUAFIT
Balneotherapy pool

10:15AM - 10:45AM
AQUABIKING
Balneotherapy pool

11:15AM - 12PM
GENTLE AQUAGYM
Balneotherapy pool

12:30PM - 1PM
AQUABIKING
Play pool

7:15PM - 8PM
AQUAFIT
Play pool

SATURDAY

9:15AM - 10AM
AQUAFIT
Balneotherapy pool

10:15AM - 10:45AM
AQUABIKING
Balneotherapy pool

SUNDAY

9:15AM - 10AM
AQUAFIT
Balneotherapy pool

10:15AM - 10:45AM
AQUABIKING
Balneotherapy pool

intensities

