



PLANNING FITNESS Holidays

MONDAY

9h 15 - 10h

AQUAFIT

Balneotherapy pool

10h 15 - 11h00

AQUAFIT

Balneotherapy pool

11h 15 - 12h

GENTLE AQUAGYM

Balneotherapy pool

18h 15 - 19h

AQUABUILDING

Play Pool

19h 15 - 20h

INTENSIVE AQUABIKING

Play Pool

TUESDAY

9h 15 - 10h

AQUAFIT

Balneotherapy pool

10h 15 - 10h45

AQUABIKING

Balneotherapy pool

15h 15 - 16h

GENTLE AQUAGYM

Balneotherapy pool

18h 15 - 19h

AQUAFIT

Balneotherapy pool

19h 15 - 20h

AQUATRAMP'O

Play Pool

WEDNESDAY

9h 15 - 10h

AQUAFIT

Balneotherapy pool

10h 15 - 10h45

AQUABIKING

Balneotherapy pool

18h 15 - 19h

FIT'PALMES

Main pool

19h 15 - 20h

INTENSIVE AQUABIKING

Play Pool

THURSDAY

9h 15 - 10h

AQUAFIT

Balneotherapy pool

10h 15 - 10h45

AQUABIKING

Balneotherapy pool

12h 30 - 13h

AQUAFIT

Balneotherapy pool

19h 15 - 20h

AQUAFIT

Play Pool

FRIDAY

9h 15 - 10h

AQUAFIT

Balneotherapy pool

10h 15 - 10h45

AQUABIKING

Balneotherapy pool

11h 15 - 12h

GENTLE AQUAGYM

Balneotherapy pool

19h 15 - 20h

AQUAFIT

Play Pool

SATURDAY

9h 15 - 10h

AQUAFIT

Balneotherapy pool

10h 15 - 10h45

AQUABIKING

Balneotherapy pool

SUNDAY

9h 15 - 10h

AQUAFIT

Balneotherapy pool

10h 15 - 10h45

AQUABIKING

Balneotherapy pool

Intensities

