

NANTES

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
8H		Aqua Wake-Up 8:00 - 8:45		Aqua Wake-Up 8:00 - 8:45			
9H		Circuit fitness 09:00 - 09:45	Aquabike 08:50 - 09:40	Aquabike 09:00 - 09:45	Aquabike 09:00 - 09:45	Ecole de l'eau 09:20 - 10:50	
10H	Aquagym 10:00 - 10:45		Ecole de l'eau 09:40 - 11:10	Aqua-pilates 10:00 - 10:45	Circuit fitness 10:00 - 10:45		
11H	Aquabike 11:00 - 11:45	Aqua-pilates 11:00 - 11:45	Circuit cardio 11:10 - 11:55	Aquabike 11:00 - 11:45	Aquabike 11:00 - 11:45	Aquabike 11:00 - 11:45	Aquabike 10:30 - 11:15
12H	Aqua-Pilates 12:00 - 12:45	Aquabike 12:00 - 12:45		Circuit fitness 12:00 - 12:45	Aquaboxing 12:00 - 12:45	Aquabike 12:00 - 12:45	Aquabike 11:30 - 12:15
13H	Aquabike 13:00 - 13:45	Aquaboxing 13:00 - 13:45	Aquabike 12:45 - 13:30	Palmes & Co/ Fitpaddle 13:00 - 13:45	Aquagym 13:00 - 13:45	Circuit cardio 13:00 - 13:45	
14H	Aquagym prénatale 14:00 - 14:45	Aquabike 14:00 - 14:45		Aquagym 14:00 - 14:45	Aquabike 14:00 - 11:45		
15H							
16H							
17H	Ecole de l'eau 16:50 - 17:50	Circuit fitness 17:00 - 17:45		Aqua-Pilates 17:00 - 17:45	Aquagym 17:00 - 17:45		
18H	Aquabike 18:00 - 18:45	Aquabike 18:00 - 18:45	Aquabike 18:00 - 18:45	Aquabike 18:00 - 18:45	Circuit cardio 18:00 - 18:45		
19H	Aquabike 19:00 - 19:45	Aquabike 19:00 - 19:45	Aquabike 19:00 - 19:45	Aquabike 19:00 - 19:45	Aquabike 19:00 - 19:45		
20H	Aquaboxing/ Fitpaddle 20:00 - 20:45	Aquabike 20:00 - 20:45	Circuit Fitness 20:00 - 20:45	Aqua-Pilates 20:00 - 20:45			
21H							