

PLANNING AQUASPORT 2025-2026

	9h	9h15	9h45	10h	10h45	11h30	12h15	12h30	13h15	16h30	17h15	17h45	18h	18h30	18h45	19h15	19h30
LUN																	
MAR																	
MERC																	
JEU																	
VEN																	
SAM																	
DIM																	

 AquaDance
  AquaGym
  AquaBoxing
  AquaBike
  AquaAbdos
  AquaBoost
  Circuit Training
  AquaPalmes
  Aqua marche
  Bike Boxing
  Bike-abdos
  Bike-cross