
































































































Planning du club d'Epagny du 2 janvier 2012 au 30 juin 2012

	LUNDI				MARDI			MERCREDI				JEUDI				VENDREDI		SAMEDI		DIM.
	STUDIO 1	RPM	PLATEAU	AQUA	STUDIO 1	RPM	AQUA	STUDIO 1	RPM	PLATEAU	AQUA	STUDIO 1	RPM	PLATEAU	AQUA	STUDIO 1	AQUA	STUDIO 1	AQUA	AQUA
9 h				 AQUA POWER			 AQUA DYNAMIC				 AQUA POWER			 CIRCUITS MACHINES	 AQUA DOUCE		 AQUA FITNESS			
9 h 15	 BODY BALANCE				 BODY PUMP			 GYM BASIC				 BODY STEP					 GYM BASIC		 AQUA GYM	 AQUABIKE MINCEUR
9 h 30																		 BODY PUMP		
10 h			 CIRCUITS MACHINES	 AQUA GYM			 AQUA GYM	 STRETCHING			 AQUA GYM				 AQUA FITNESS	 STRETCHING	 AQUA GYM			
10 h 15					 SH' BAM	 RPM													 AQUA DYNAMIC	 AQUA DYNAMIC
10 h 30																		 BODY BALANCE		
11 h				 AQUA GYM			 AQUABIKE MINCEUR				 AQUABIKE TONIC				 AQUABIKE MINCEUR			 AQUABIKE TONIC	 AQUA GYM	
11 h 45																				
12 h 15				 AQUA FITNESS			 AQUA GYM				 AQUA DYNAMIC				 AQUA POWER		 AQUA GYM			
12 h 30	 BODY PUMP	 RPM			 BODY STEP			 GYM BASIC				 BODY BALANCE	 RPM	 CIRCUITS MACHINES		 BODY PUMP				
13 h 30				 AQUABIKE MINCEUR			 AQUA DYNAMIC				 AQUABIKE TONIC				 AQUABIKE MINCEUR			 AQUABIKE TONIC	 AQUABIKE MINCEUR	
14 h 30				 AQUA GYM			 AQUA GYM			 CIRCUITS MACHINES					 AQUA DYNAMIC			 AQUA GYM	 AQUA GYM	
15 h 30				 AQUA FITNESS			 AQUABIKE TONIC													
16 h								 SH' BAM												
17 h 30				 AQUA POWER			 AQUA GYM				 AQUA FITNESS				 AQUA GYM		 AQUA GYM		 AQUA GYM	
17 h 45	 BODY PUMP				 BODY BALANCE			 GYM BASIC				 BODY STEP				 GYM BASIC				
18 h 30				 AQUA DYNAMIC			 AQUA POWER				 AQUA GYM				 AQUABIKE MINCEUR			 AQUA DYNAMIC	 AQUA DYNAMIC	
18 h 45	 BODY ATTACK	 RPM			 BODY JAM			 BODY PUMP				 BODY BALANCE				 BODY STEP				
19 h 30				 AQUA GYM			 AQUA FITNESS				 AQUABIKE TONIC				 AQUA POWER			 AQUABIKE MINCEUR	 AQUABIKE MINCEUR	
19 h 45	 BODY BALANCE				 BODY COMBAT			 SH' BAM	 RPM			 BODY PUMP								

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