

PLANNING ACTIVITÉS - VACANCES ÉTÉ 2023

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|------------------------------------|--|------------------------------------|------------------------------------|--|--|------------------------------------|
| 08h30 ³⁰ aquabiking | 08h30 ⁴⁵ aquafitness | 08h30 ³⁰ aquabiking | 08h30 ⁴⁵ aquafitness | 08h30 ³⁰ aquabiking | 09h00 ^{2h} bb nageur | 08h30 ³⁰ aquabiking |
| 09h15 ⁴⁵ aquafitness | 09h15 ⁴⁵ aquafitness | 09h15 ⁴⁵ aquafitness | 09h15 ⁴⁵ aquafitness | 09h15 ⁴⁵ aquafitness | 11h15 ⁴⁵ Agoa | 09h15 ⁴⁵ aquafitness |
| | 10h15 ⁴⁵ Aquarelax | | 10h15 ⁴⁵ Aquarelax | | | |
| | | | | | 12h15 ⁴⁵ Aquasophro | |
| | | | | | 13h30 ^{1h} Instant FAMILLE | |
| 18h45 ³⁰ aquabiking | 18h45 ³⁰ aquabiking | 18h45 ³⁰ aquabiking | 18h45 ³⁰ aquabiking | 18h45 ³⁰ aquabiking | | |
| 19h30 ⁴⁵ aquafitness | 19h30 ⁴⁵ TRX Suspension Training | 19h30 ⁴⁵ aquafitness | 19h30 ⁴⁵ bodypalm | 19h30 ⁴⁵ TRX Suspension Training | | |
| perfection. | | perfection. | Agoa | Agoa | | |



Val d'Oréane
Centre aqua-forme Dampierre en Burly

