

# AQUAPOLE - PLANNING AQUASPORT

Lundi

- 09h00 (45')  
**aquafitness**
- 10h00 (45')  
**aquafitness**
- 11h00 (30')  
**aquabiking**
- 12h15 (45')  
**aquafitness**
- 16h30 (30')  
**aquabiking**
- 17h15 (45')  
**aquafitness**
- 18h15 (45')  
**aquafitness**
- 19h15 (45')  
**aquafitness**
- 20h15 (45')  
**bodypalm**

Mardi

- 09h00 (45')  
**aquafitness**
- 10h00 (30')  
**aquabiking**
- 12h15 (45')  
**aquafitness**
- 16h30 (45')  
**aquafitness**
- 17h30 (45')  
**aquafitness**
- 18h30 (30')  
**aquabiking**
- 19h15 (45')  
**aquafitness**

Mercredi

- 08h00 (45')  
**aquafitness**
- 09h00 (45')  
**aquafitness**
- 12h30 (30')  
**aquabiking**
- 17h15 (30')  
**aquabiking**
- 18h15 (45')  
**aquafitness**
- 19h15 (30')  
**aquabiking**
- 20h00 (45')  
**aquafusion**

Jeudi

- 09h00 (30')  
**aquabiking**
- 10h00 (45')  
**aquafitness**
- 12h15 (45')  
**aquafitness**
- 13h00 (45')  
**bodypalm**
- 17h30 (30')  
**aquabiking**
- 18h15 (45')  
**aquafitness**
- 19h15 (45')  
**aquapower**
- 20h15 (30')  
**aquabiking**

Vendredi

- 09h00 (45')  
**aquafitness**
- 10h00 (30')  
**aquabiking**
- 12h30 (45')  
**aquafitness**
- 17h15 (45')  
**aquafitness**
- 18h15 (45')  
**aquaboxing**
- 19h15 (30')  
**aquabiking**

Samedi

- 12h30 (45')  
**aquafitness**

Dimanche

- 09h30 (45')  
**aquafitness**
- 10h30 (45')  
**aquafusion**
- 11h30 (30')  
**aquabiking**



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