CENTRE DE COACHING SPORT ET SANTÉ
contact@2c2s.fr
06.96.40.87.96

| | LUNDI | | MARDI | | MERCREDI | | JEUDI | | VENDREDI | | SAMEDI |
|---|---|---|---|---|---|---|---|---|---|---|---|
| HORAIRE | GYM | PISCINE | GYM | PISCINE | GYM | PISCINE | GYM | PISCINE | GYM | PISCINE | PISCINE |
| 8:00-8:30 / 8:30-9:00 / 9:00-9:30 | | | | | | | | | | | AXEL AQUA-BABY 8H00 ET 8H30 |
| 10:00-10:45 | | | DJIMMY GYM DOUCE | | | | DJIMMY GYM DOUCE | | | | AXEL NATATION 9H15 |
| 11:00-11:45 | | | | AXEL AQUAGYM DOUCE | | | | AXEL AQUAGYM DOUCE | | | AXEL AQUADYNAMIC 10H00 |
| 11:30-12:00 | | | | | | | | | | | AXEL AQUABIKE 11H00 |
| 12:30-13:15 | | | | AXEL AQUADYNAMIC | | | | AXEL AQUADYNAMIC | | | |
| 13:30-14:15 | | | | | | | CANDY GYM PRÉ & POSTNATALE | | | | |
| 14:30-15:15 | | CANDY AQUAGYM PRÉ & POSTNATALE | | | | | | CANDY AQUAGYM PRÉ & POSTNATALE | | | |
| 15:00-15:30 | | | | | | AXEL AQUA-BABY | | | | | |
| 15:30-16:15 | | CANDY AQUAHANDIKIDS | | MICKA AQUADYNAMIC | | AXEL NATATION 15H45 | | | | | |
| 16:30-17:15 | | | | MICKA AQUA ADAPTÉE | | AXEL AQUADYNAMIC | | THOMAS AQUA ADAPTÉE | | | |
| 17:30-18:15 | | MARIE-GERARD AQUADYNAMIC | SAMORI PILATES YOGA | MICKA AQUABIKE | | AXEL AQUAMIX | MARIE-GERARD DEFOULE CORE TRAINING AFRODANCE | THOMAS AQUADYNAMIC | | AXEL AQUABIKE | |
| 18:30-19:15 | | MARIE-GERARD AQUABOXING | SAMORI STRETCHING | MICKA AQUATRAINING | | | MARIE-GERARD RENFO-ZEN | THOMAS AQUABIKE | | AXEL AQUADYNAMIC | |
| 19:30-20:15 | | MARIE-GERARD AQUABIKE | | | | | | | | | |