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	
8:30-9:00 9:00-9:30																					JULIE	AQUA-BABY
10:00-10:45	J-M	GYM DOUCE			J-M	GYM DOUCE							J-M	GYM DOUCE			J-M	GYM DOUCE			JULIE	NATATION
11:00-11:45							AUDREY	AQUAGYM DOUCE							AUDREY	AQUAGYM DOUCE			AUDREY	AQUAGYM DOUCE	JULIE	AQUADYNAMIC
11:30-12:00																					JULIE	AQUABIKE
12:30-13:15					CANDY	AQUAGYM PRÉ & POSTNATALE	AUDREY	AQUADYNAMIC			AUDREY	AQUATRAINING	J-M	ABDOLOGIE	AUDREY	AQUADYNAMIC	J-M	STRETCHING POSTURAL	AUDREY	AQUA DANCE		
13:30-14:15											AUDREY	AQUABIKE							AUDREY	AQUAMIX		
14:30-15:15			CANDY	AQUAGYM PRÉ & POSTNATALE																		
15:00-15:30											LUDO	AQUA-BABY										
15:30-16:15							TORY	AQUADYNAMIC			LUDO	NATATION			CANDY	AQUAGYM PRÉ & POSTNATALE			AUDREY	AQUA-STEP		
16:30-17:15							TORY	AQUABOXING			LUDO	AQUADYNAMIC			MARIE-GERARD	AQUATRAINING			AUDREY	AQUABIKE		
17:30-18:15			MARIE-GERARD	AQUADYNAMIC	MARIE-GERARD	DEFOULE/AFRO DANCE	TORY	AQUABIKE			LUDO	AQUAMIX			MARIE-GERARD	AQUADYNAMIC			AUDREY	AQUATRAINING		
18:30-19:15	J-M	ABDOLOGIE	MARIE-GERARD	AQUABOXING	MARIE-GERARD	RENFO-ZEN	TORY	AQUATRAINING			LUDO	NATATION ADULTE	J-M	TONIC MIX	MARIE-GERARD	AQUABIKE			AUDREY	AQUADYNAMIC		
19:30-20:15																						