

# Horaire Piscine Atout Santé

|   | LUNDI                                    | MARDI                            | MERCREDI                             | JEUDI                            | VENDREDI                                | SAMEDI            | DIMANCHE                                 |
|---|--|----------------------------------|--------------------------------------|----------------------------------|---|-------------------|--|
| <b>ACTIVITES</b>                                    |  |                                  |                                      |                                  |   |                   |  |
| Apprentissage à la nage, cours pour adultes (Colin) |  | <u>11h-12h</u>                   |                                      |                                  |   |                   |  |
| Cours Particulier de Natation (Lydie/ Colin)        |  |                                  | <u>14h-16h30</u>                     |                                  |   |                   |  |
| Bébé Nageur (Colin)                                 |  |                                  | <u>16h30-17h30</u>                   |                                  |   | <u>8h45-11h15</u> |  |
| AQUAGYM ( Colin )                                   |  |                                  | <u>9h15-10h15</u>                    |                                  | <u>9h30-10h30</u><br><u>10h30-11h30</u> |                   |  |
| AQUAGYM (Damien)                                    |  |                                  |                                      |                                  |   |                   | <u>9h45-10h45</u>                        |
| AQUABIKE (Damien)                                   |  |                                  |                                      |                                  |   |                   | <u>10h45-11h45</u><br><u>11h45-12h45</u> |
| AQUASCULPT (Colin)                                  |  |                                  |                                      | <u>17h-18h</u>                   |   |                   |  |
| AQUABIKE (Colin)                                    |  |                                  |                                      | <u>18h-19h</u><br><u>19h-20h</u> |   |                   |  |
| AQUABIKE (Alissia)                                  | <u>17h30-18h30</u>                       |                                  |                                      |                                  |   |                   |  |
| AQUABIKE (Colin)                                    | <u>18h30-19h30</u><br><u>19h30-20h30</u> | <u>17h-18h</u><br><u>18h-19h</u> | <u>10h15-11h15</u><br><u>18h-19h</u> |                                  |   |                   |  |
| AQUABIKE (Daniel)                                   |  | <u>19h-20h</u>                   |                                      |                                  |   |                   |  |
| AQUABIKE (Bruno)                                    |  |                                  | <u>19h-20h</u>                       |                                  |   |                   |  |
| AQUABIKE (Daniel)                                   |  |                                  |                                      |                                  | <u>18h-19h</u><br><u>19h-20h</u>        |                   |  |