

PLANNING AQUAGYM - JUILLET- AOÛT 2025

	<i>LUN</i>	<i>MAR</i>	<i>MERC</i>	<i>JEU</i>	<i>VEN</i>	<i>SAM</i>	<i>DIM</i>
SPADIO BODY	9:15 - 10:00						
	19:00 - 19:45		19:00 - 19:45	19:00 - 19:45			
SPADIO BIKE		12:15 - 12:55	12:15 - 12:55		12:15 - 12:55		
		19:00 - 19:40	19:45 - 20:25		19:00 - 19:40		
SPADIO BOXING	12:15 - 12:55		18:45 - 19:25	12:15 - 12:55			
SPADIO FITNESS	19:45 - 20:30	9:15 - 10:00	9:15 - 10:00	9:15 - 10:00	9:15 - 10:00		9:00 - 9:45
				18:45 - 19:30			
SPADIO BOOST semaines 28, 30, 32, 34						9:00 - 9:45	
SPADIO RUNNING	18:45 - 19:30			19:45 - 20:30			
SPADIO OCEAN FIT		10:45 - 11:45	18:00 - 19:00		10:45 - 11:45		