

COURS COLLECTIFS AUX BAINS DE NAHLA

	Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi
	Piscine	salle	Piscine	salle	Piscine	salle	Piscine	salle	Piscine	salle	Piscine
8h30							Aquagym tonique Orsi				
8h45											
9h00				Pilates Mezieres Delphine					Pilates Mezieres Delphine		Aqua Bebes Orsi
9h15											
9h30		Yoga Nicolas					AquaBike Orsi				
9h45											Aqua Bebes Orsi
10h00			Aquagym postural Orsi				Aqua Bike training Orsi		Pilates Mezieres Delphine		
10h15											
10h30											Aqua Bebes Orsi
10h45			Aquabike Training Orsi				Aqua Bike training Orsi				
11h									Aqua futures mamans Delphine		
11h15											
11h30											Jardin Aquatique Orsi
11h45											
12h											
12h15											
12h30									Aquagym Posturale Delphine		
12h45											
13h00											
13h15											
16h30		Yoga du dos Odile									
16h45											
17h00											
17h15											
17h30							Pilates Mezieres				
17h45											
18h00		Yoga du dos Odile	Yoga Nicolas								
18h15					Aquagym tonique Orsi	Delphine					
18h30	Aqua Bike Orsi										
18h45											
19h00					Aquagym Tonique Orsi	Mezieres Delphine					
19h15	Aqua Bike Training Orsi	Yoga traditionnel Odile									
19h30											
19h45											
20h	Aqua Gym Tonique Orsi		Yoga Nicolas		Aqua Bike training Orsi	Mezieres Delphine					
20h15											
20h30					AquaBike Orsi						
20h45	AquaBike Orsi										
21h											
21h15											

Strechting Postural Delphine

Meditation 1 semaine/2 M.Christine