# Planning Centre Roosevelt Valmont du 09 au 28 juin 2021

| | Lundi | | | Mardi | | | Mercredi | | | Jeudi | | | Vendredi | | | Samedi | | | Dimanche | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Piscine | Gymnase | Cardio | Piscine | Gymnase | Cardio | Piscine | Gymnase | Cardio | Piscine | Gymnase | Cardio | Piscine | Gymnase | Cardio | Piscine | Gymnase | Cardio | Piscine | Cardio |
| 8h | 8h Aquabike libre | | 8h | 8h Aquabike libre | | 8h | 8h Aquabike libre | | 8h | 8h Aquabike libre | | 8h | 8h Aquabike libre | | 8h | | | | | |
| 9h | | | | 9h Aquagym | | | 9h Aquafitness | | | 9h Aqua CAF | | | | | | 9h Aquabike | 9H Yoga | 9h | 9h Bébés nageurs | |
| 10h | | | | 10h Aquabike minceur | 10h Pilates | | 10h Aquabike minceur | | | 10h Aquagym | | | | 10h Gym santé | | 10h Aquafitness | | | 10h Aquagym | |
| 11h | 11h Aquabike libre | | | 11h Aquabike libre | | | 11h Aquabike libre | | | 11h Aquabike libre | | | 11h Aquabike libre | | | 11h Aqua CAF | | | 11h Aquabike minceur | |
| 12h | | | | | | | | | | | | | | | | | | 12h | | |
| 13h | | | | | | | | | | 12H30 Aquabike minceur | | | | 13h Pilates | | 12h30 Natation enfants | | | | |
| 14h | 13h30 Aquabike libre | 13h30 Pilates | | 13h30 Aquabike libre | | | 13h30 Aquabike libre | | | 13h30 Aquabike libre | | | 13h30 Aquabike libre | | | | | | | |
| | 14h15 Aquagym | | | | | | | | | | | | | | | | | | | |
| 15h | | | | 15h15 Aquadouce | | | 15h Natation enfants | | | | | | 15h15 Aqua circuit training | | | | | | | |
| 16h | 16h15 Aquabike libre | | | | | | | | | | | | 16h15 Aquabike libre | | | | | | | |
| 17h | 17h15 Aquabike minceur | 17h Pilates | | 17h15 Aquabike libre | 17h HIIT | | 17h15 Aquabike | 17h Gym santé | | 17h15 Aquagym | | | 17h15 Aquaboxe | | | | | | | |
| 18h | 18h 15 Aquabike libre | 18h Pilates | 19h | 18h15 Aqua CAF | 18H Yoga | 19h | 18h15 Aquabike libre | 18h Pilates | 19h | 18h15 Aquabike tonic | 18h Pilates NIVEAU 2 | 19h | 18h15 Aquabike libre | 18h Renfo | 19h | | | | | |
| 19h | 19h15 Aquafitness | | | 19h15 Aquabike | | | 19h15 Aqua CAF | | | | | | 19h15 Aquabike minceur | | | | | | | |
| 20h | | | | | | | | | | | | | | | | | | | | |

CENTRE ROOSEVELT
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