|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  **ACTIVITES SPORTIVES AQUATIQUES 2019** | **AQUAPHOBIE** | **AQUAGYM**  | **AQUABIKE**  | **CARDI'EAU BIKE** | **CARDI'EAU TRAINING**  | **Aqua thema** |
|
|   | *TONIQUE* | *DOUCE* | *DOUX* | *TONIQUE* | *SPORTIF* |   |
| **30 mn** | ***45 mn*** | ***45 mn*** | ***30 mn*** | ***40 mn*** | ***45 mn*** | ***45 mn*** |
| *LUNDI* |  | 14h00 |   |   | 17h00 | 18H00 |   |
|  | 15h00 |   |   |   |
|  | 16h00 |   |   |   |
| *MARDI* | *cours personnalisé* |   | 10h15 |   |   |   |   |
| *petit effectif* | 14h 15 | 14H25 |   |   |   |  |
| *11h15* | 15H20 |   | 17H15 | 18H05 |  |
|  | 16h15 |   |   |   | **19H00** |
| *MERCREDI* |  | 14h 15 |   | 15H15 |   |   | **Aqua dance** |
|  |   | 15H55 |   |   |
|  |   | 16H35 | 17H15 | 18H05 |
|  |   |   |   | 19H00 | **Aqua building** |
| *JEUDI* |  | 14h 15 | 10h15 |   |   |   |
|  | 14H25 |   |   |   |
|  | 15H20 |   | 17H15 | 18H05 | **Aqua boxing** |
|  | 16h15 |   |   | 19H00 |
| VENDREDI |   | 14h15 |   | 15H15 |   | 18H05 |
|   |   | 15H55 |   | Circuit training | **Aqua frisbee** |
|   |   | 16H35 | 17H15 |  19h00 |
| LA SEANCE | 10 € | 8 € | 8 € | 9 € | 11 € | 12 € | 10 € |
| LES 6 SEANCES | 54 € | 42 € | 42 € | 48 € | 60 € | 66 € | 54 € |
| LES 10 SEANCES | 80 € | 60 € | 60 € | 70 € | 90 € | 100 € | 80 € |