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| **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 € |