

Planning A ; Semaines 18, 23, 28, 33, 38, 43, 48

08:00							
09:00	09:00 – 09:45 Aquatraining VITALO 89	09:00 – 09:45 Aquabike VITALO 89	09:00 – 09:45 Aquabody VITALO 89		09:00 – 09:45 Circuit training VITALO 89	09:00 – 09:45 Aquabody VITALO 89	09:00 – 09:45 Aquabike VITALO 89
10:00	10:00 – 10:45 Aquatraining VITALO 89	10:00 – 10:45 Aquabike senior VITALO 89	10:00 – 10:45 Aquabody VITALO 89	10:00 – 10:45 Aquabike senior VITALO 89	10:00 – 10:45 Circuit training seniors VITALO 89	10:00 – 10:45 Aquaqym VITALO 89	10:00 – 10:45 Aquabike VITALO 89
11:00	11:00 – 11:45 Aquatraining VITALO 89	11:00 – 11:45 Aquabike VITALO 89	11:00 – 11:30	11:00 – 11:45 Aquabike VITALO 89		11:00 – 11:45 Aquabike VITALO 89	11:00 – 11:45 Aquabike VITALO 89
12:00	12:15 – 13:00 Aquatraining VITALO 89	12:30 – 13:15 Circuit training VITALO 89	12:30 – 13:00	12:30 – 13:15 Aquabike VITALO 89	12:15 – 13:00 Aquaqym VITALO 89	12:00 – 12:45 Aquabike VITALO 89	
13:00		13:30 – 14:15 Circuit training VITALO 89	13:15 – 14:00 Dauphin VITALO 89	13:30 – 14:15 Aquabike VITALO 89	13:15 – 14:00 Aquabody VITALO 89		
14:00			14:15 – 15:00 Dauphin VITALO 89	14:30 – 15:15 Aquabike VITALO 89	14:15 – 15:00 Aquabike VITALO 89		
15:00			15:30 – 16:15 Aquaqym seniors VITALO 89	15:30 – 16:15 Aquabike VITALO 89			
16:00	15:45 – 16:30 Aquatraining VITALO 89	16:30 – 17:15 Aquaqym VITALO 89	16:30 – 17:15 Aquabike VITALO 89	16:30 – 17:15 Aquabike VITALO 89	16:00 – 16:45 Aquabike VITALO 89		
17:00	16:45 – 17:30 Aquatraining VITALO 89	17:30 – 18:15 Aquabody VITALO 89	17:30 – 18:15 Aquabike VITALO 89	17:30 – 18:15 Aquabike VITALO 89	17:15 – 18:00 Aquabike VITALO 89		
18:00	17:45 – 18:30 Aquatraining VITALO 89	18:30 – 19:15 Aquabody VITALO 89	18:30 – 19:15 Aquabike VITALO 89	18:30 – 19:15 Aquabody VITALO 89			
19:00	18:45 – 19:30 Aquatraining VITALO 89	19:30 – 20:15 Aquabody VITALO 89	19:30 – 20:15 Aquabike VITALO 89	19:30 – 20:15 Aquabody VITALO 89	19:15 – 19:45		
20:00	19:45 – 20:30 Aquatraining VITALO 89						



Planning B ; Semaines 19, 24, 29, 34, 39, 44, 49

09:00	09:00 – 09:45 Aquabike VITALO 89	09:00 – 09:45 Aquatraining VITALO 89	09:00 – 09:45 Circuit training VITALO 89		09:00 – 09:45 Circuit training VITALO 89	09:00 – 09:45 Aquabody VITALO 89	09:00 – 09:45 Aquabike VITALO 89
10:00	10:00 – 10:45 Aquabike VITALO 89	10:00 – 10:45 Aquatraining VITALO 89	10:00 – 10:45 Circuit training VITALO 89	10:00 – 10:45 Aquabike senior VITALO 89	10:00 – 10:45 Circuit training seniors VITALO 89	10:00 – 10:45 Aquaqym VITALO 89	10:00 – 10:45 Aquabike VITALO 89
11:00	11:15 – 11:45	11:00 – 11:45 Aquatraining VITALO 89	11:00 – 11:30	11:00 – 11:45 Aquabike VITALO 89		11:00 – 11:45 Aquabike VITALO 89	11:00 – 11:45 Aquabike VITALO 89
12:00	12:15 – 13:00 Aquabody VITALO 89	12:30 – 13:15 Aquatraining VITALO 89	12:15 – 13:00 Circuit training VITALO 89	12:30 – 13:15 Aquabike VITALO 89		12:15 – 13:00 Aquaqym VITALO 89	12:00 – 12:45 Aquabike VITALO 89
13:00		13:30 – 14:15 Aquatraining VITALO 89	13:15 – 14:00 Dauphin VITALO 89	13:30 – 14:15 Aquabike VITALO 89		13:15 – 14:00 Aquabody VITALO 89	
14:00			14:15 – 15:00 Dauphin VITALO 89	14:30 – 15:15 Aquabike VITALO 89		14:15 – 15:00 Aquabike VITALO 89	
15:00			15:30 – 16:15 Aquaqym seniors VITALO 89	15:30 – 16:15 Aquabike VITALO 89			
16:00	15:45 – 16:30 Aquabody VITALO 89	16:30 – 17:15 Aquatraining VITALO 89	16:30 – 17:15 Aquabike VITALO 89	16:30 – 17:15 Aquabike VITALO 89		16:00 – 16:45 Aquabike VITALO 89	
17:00	16:45 – 17:30 Aquabike VITALO 89	17:30 – 18:15 Aquatraining VITALO 89	17:30 – 18:15 Aquabike VITALO 89	17:30 – 18:15 Aquabike VITALO 89		17:15 – 18:00 Aquabike VITALO 89	
18:00	17:45 – 18:30 Aquabike VITALO 89	18:30 – 19:15 Aquatraining VITALO 89	18:30 – 19:15 Aquabike VITALO 89	18:30 – 19:15 Aquabody VITALO 89			
19:00	18:45 – 19:30 Aquabike VITALO 89	19:30 – 20:15 Aquatraining VITALO 89	19:30 – 20:15 Aquabike VITALO 89	19:30 – 20:15 Aquabody VITALO 89		18:30 – 19:00	
20:00	19:45 – 20:30 Aquabike VITALO 89					19:15 – 19:45	



Planning C ; Semaines 20, 25, 30, 35, 40, 45, 50

09:00	09:00 – 09:45 Aquabike VITALO 89	09:00 – 09:45 Aquabike VITALO 89	09:00 – 09:45 Aquatraining VITALO 89		09:00 – 09:45 Circuit training VITALO 89	09:00 – 09:45 Circuit training VITALO 89	09:00 – 09:45 Aquabike VITALO 89
10:00	10:00 – 10:45 Aquabike VITALO 89	10:00 – 10:45 Aquabike senior VITALO 89	10:00 – 10:45 Aquatraining VITALO 89	10:00 – 10:45 Aquabike senior VITALO 89	10:00 – 10:45 Circuit training seniors VITALO 89	10:00 – 10:45 Circuit training VITALO 89	10:00 – 10:45 Aquabike VITALO 89
11:00	11:00 – 11:30	11:00 – 11:45 Aquabike VITALO 89	11:00 – 11:30	11:00 – 11:45 Aquabike VITALO 89		11:00 – 11:45 Circuit training VITALO 89	11:00 – 11:45 Aquabike VITALO 89
12:00	12:15 – 13:00 Aquabody VITALO 89	12:30 – 13:15 Circuit training VITALO 89	12:15 – 13:00 Aquatraining VITALO 89	12:30 – 13:15 Aquabike VITALO 89	12:15 – 13:00 Aqua gym VITALO 89	12:00 – 12:45 Circuit training VITALO 89	
13:00		13:30 – 14:15 Circuit training VITALO 89	13:15 – 14:00 Dauphin VITALO 89	13:30 – 14:15 Aquabike VITALO 89	13:15 – 14:00 Aquabody VITALO 89		
14:00			14:15 – 15:00 Dauphin VITALO 89	14:30 – 15:15 Aquabike VITALO 89	14:15 – 15:00 Aquabike VITALO 89		
15:00							
16:00	15:45 – 16:30 Aquabody VITALO 89		15:30 – 16:15 Aquatraining VITALO 89	15:30 – 16:15 Circuit training VITALO 89			
17:00	16:45 – 17:30 Aquabike VITALO 89	16:30 – 17:15 Aqua gym VITALO 89	16:30 – 17:15 Aquatraining VITALO 89	16:30 – 17:15 Circuit training VITALO 89		16:00 – 16:45 Aquabike VITALO 89	
18:00	17:45 – 18:30 Aquabike VITALO 89	17:30 – 18:15 Aquabody VITALO 89	17:30 – 18:15 Aquatraining VITALO 89	17:30 – 18:15 Circuit training VITALO 89		17:15 – 18:00 Aquabike VITALO 89	
19:00	18:45 – 19:30 Aquabike VITALO 89	18:30 – 19:15 Aquabody VITALO 89	18:30 – 19:15 Aquatraining VITALO 89	18:30 – 19:15 Circuit training VITALO 89		18:30 – 19:00	
20:00	19:45 – 20:30 Aquabike VITALO 89	19:30 – 20:15 Aquabody VITALO 89	19:30 – 20:15 Aquatraining VITALO 89	19:30 – 20:15 Circuit training VITALO 89		19:15 – 19:45	



Planning D ; Semaines 21, 26, 31, 36, 41, 46, 51

09:00	09:00 – 09:45 Aquabike VITALO 89	09:00 – 09:45 Aquabike VITALO 89	09:00 – 09:45 Aquabody VITALO 89		09:00 – 09:45 Aquabike VITALO 89	09:00 – 09:45 Aquabody VITALO 89	09:00 – 09:45 Aquabike VITALO 89
10:00	10:00 – 10:45 Aquabike VITALO 89	10:00 – 10:45 Aquabike senior VITALO 89	10:00 – 10:45 Aquabody VITALO 89	10:00 – 10:45 Aquatraining VITALO 89	10:00 – 10:45 Aquabike senior VITALO 89	10:00 – 10:45 Aqua gym VITALO 89	10:00 – 10:45 Aquabike VITALO 89
11:00	11:00 – 11:30	11:00 – 11:45 Aquabike VITALO 89	11:00 – 11:30	11:00 – 11:45 Aquatraining VITALO 89		11:00 – 11:45 Aquabike VITALO 89	11:00 – 11:45 Aquabike VITALO 89
12:00	12:15 – 13:00 Aquabody VITALO 89	12:30 – 13:15 Circuit training VITALO 89	12:30 – 13:00	12:30 – 13:15 Aquatraining VITALO 89	12:15 – 13:00 Aqua gym VITALO 89	12:00 – 12:45 Aquabike VITALO 89	
13:00		13:30 – 14:15 Circuit training VITALO 89	13:15 – 14:00 Dauphin VITALO 89	13:30 – 14:15 Aquatraining VITALO 89	13:15 – 14:00 Aquabody VITALO 89		
14:00			14:15 – 15:00 Dauphin VITALO 89	14:30 – 15:15 Aquatraining VITALO 89	14:15 – 15:00 Aquabike VITALO 89		
15:00			15:30 – 16:15 Aqua gym seniors VITALO 89	15:30 – 16:15 Aquatraining VITALO 89			
16:00	15:45 – 16:30 Aquabody VITALO 89	16:30 – 17:15 Aqua gym VITALO 89	16:30 – 17:15 Circuit training VITALO 89	16:30 – 17:15 Aquatraining VITALO 89	16:00 – 16:45 Aquabike VITALO 89		
17:00	16:45 – 17:30 Aquabike VITALO 89	17:30 – 18:15 Aquabody VITALO 89	17:30 – 18:15 Circuit training VITALO 89	17:30 – 18:15 Aquatraining VITALO 89	17:15 – 18:00 Aquabike VITALO 89		
18:00	17:45 – 18:30 Aquabike VITALO 89	18:30 – 19:15 Aquabody VITALO 89	18:30 – 19:15 Circuit training VITALO 89	18:30 – 19:15 Aquatraining VITALO 89	18:30 – 19:00		
19:00	18:45 – 19:30 Aquabike VITALO 89	19:30 – 20:15 Aquabody VITALO 89	19:30 – 20:15 Circuit training VITALO 89	19:30 – 20:15 Aquatraining VITALO 89	19:15 – 19:45		
20:00	19:45 – 20:30 Aquabike VITALO 89						



Planning E ; Semaines 22, 27, 32, 37, 42, 47, 52

09:00	09:00 – 09:45 Aquabike VITALO 89	09:00 – 09:45 Aquabike VITALO 89	09:00 – 09:45 Aquabody VITALO 89		09:00 – 09:45 Aquatraining VITALO 89	09:00 – 09:45 Aquatraining VITALO 89	09:00 – 09:45 Aquabike VITALO 89
10:00	10:00 – 10:45 Aquabike VITALO 89	10:00 – 10:45 Aquabike senior VITALO 89	10:00 – 10:45 Aquabody VITALO 89	10:00 – 10:45 Aquabike senior VITALO 89	10:00 – 10:45 Aquatraining VITALO 89	10:00 – 10:45 Aquatraining VITALO 89	10:00 – 10:45 Aquabike VITALO 89
11:00	11:00 – 11:30	11:00 – 11:45 Aquabike VITALO 89	11:00 – 11:30	11:00 – 11:45 Aquabike VITALO 89		11:00 – 11:45 Aquatraining VITALO 89	11:00 – 11:45 Aquabike VITALO 89
12:00	12:15 – 13:00 Aquabody VITALO 89	12:15 – 13:00 Circuit training VITALO 89	12:30 – 13:00	12:30 – 13:15 Aquabike VITALO 89	12:15 – 13:00 Aquatraining VITALO 89	12:00 – 12:45 Aquatraining VITALO 89	
13:00		13:15 – 14:00 Circuit training VITALO 89	13:15 – 14:00 Dauphin VITALO 89	13:30 – 14:15 Aquabike VITALO 89	13:15 – 14:00 Aquatraining VITALO 89		
14:00			14:15 – 15:00 Dauphin VITALO 89	14:30 – 15:15 Aquabike VITALO 89	14:15 – 15:00 Aquatraining VITALO 89		
15:00							
16:00	15:45 – 16:30 Aquabody VITALO 89		15:30 – 16:15 Aqua gym seniors VITALO 89	15:30 – 16:15 Aquabike VITALO 89		16:00 – 16:45 Aquatraining VITALO 89	
17:00	16:45 – 17:30 Aquabike VITALO 89	16:30 – 17:15 Circuit training VITALO 89	16:30 – 17:15 Aquabike VITALO 89	16:30 – 17:15 Aquabike VITALO 89			
18:00	17:45 – 18:30 Aquabike VITALO 89	17:30 – 18:15 Circuit training VITALO 89	17:30 – 18:15 Aquabike VITALO 89	17:30 – 18:15 Aquabike VITALO 89	17:15 – 18:00 Aquatraining VITALO 89		
19:00	18:45 – 19:30 Aquabike VITALO 89	18:30 – 19:15 Circuit training VITALO 89	18:30 – 19:15 Aquabike VITALO 89	18:30 – 19:15 Aquabody VITALO 89	18:15 – 19:00 Aquatraining VITALO 89		
20:00	19:45 – 20:30 Aquabike VITALO 89	19:30 – 20:15 Circuit training VITALO 89	19:30 – 20:15 Aquabike VITALO 89	19:30 – 20:15 Aquabody VITALO 89	19:15 – 20:00 Aquatraining VITALO 89		

