

PLANNING ACTIVITÉS

Adultes

Valable du 01/09/22 au 30/06/23

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
			7.30 Matinale 8.30 Coachée			
		8.45 O'Bike 9.30			8.45 O'Bike 9.30	8.45 Matinale 9.45 Coachée
		9.45 O'Gym 10.30				
					10.45 O'Gym 11.30	
12.30 O'Gym 13.15 O'Bike	12.30 O'Palm 13.15 O'Débutant		12.30 O'Gym 13.15 O'Bike	12.30 O'Palm 13.15 O'Débutant		
				14.30 O'Perf 15.15		
				15.30 O'Phobie 16.15		14.30 Aqua 17.00 Pool'
16.15 O'Gym 17.00 O'Bike	16.15 O'Phobie 17.00 Niveau 2		16.15 O'Gym 17.00 O'Bike	16.15 O'Phobie 17.00 Niveau 2		
		17.30 O'Bike 18.15				
18.45 O'Perf 19.30	18.45 O'Bike 19.30	18.30 O'Training 19.15	18.45 O'Perf 19.30			
	19.45 O'Synchro 20.30 O'Training			19.45 O'Training 20.30		



PISCINE
Sport & Loisirs
Saint-Jean-de-Luz

SAINT-JEAN-DE-LUZ
Donibane Lohizune ●●●