

# PLANNING ÉTÉ 2026

|      | 12h | 15                                                                                | 30                                                                                | 45 | 13h | 19h                                                                                 | 15 | 30 | 45 | 20h |
|------|-----|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----|-----|-------------------------------------------------------------------------------------|----|----|----|-----|
| LUN  |     |  |                                                                                   |    |     |  |    |    |    |     |
| MAR  |     |  |                                                                                   |    |     |  |    |    |    |     |
| MERC |     |  |                                                                                   |    |     |  |    |    |    |     |
| JEU  |     |  |                                                                                   |    |     |  |    |    |    |     |
| VEN  |     |                                                                                   |  |    |     |                                                                                     |    |    |    |     |
| SAM  |     |                                                                                   |                                                                                   |    |     |                                                                                     |    |    |    |     |



Akoi**Douce**



Akoi**Boxe**



Akoi**Gym**



Akoi**Boost**



Akoi**Bike**



Akoi**Training**