

COURS COLLECTIFS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

08:30 45MIN BODYSULPT BUZY LAETTIA	07:30 30MIN LESMILLS CXWORX ISCAYES MADINA	08:15 1H LESMILLS BODYBALANCE ISCAYES MADINA	07:30 45MIN LESMILLS BODYPUMP BUZY LAETTIA	08:30 1H CUISSES ABDOS FESSIERS JOEL JOUANNY	08:30 1H CUISSES ABDOS FESSIERS SIMON FANNY	09:30 1H LESMILLS BODYPUMP BUZY LAETTIA
09:15 1H LESMILLS BODYBALANCE BUZY LAETTIA	08:30 30MIN LESMILLS BODYBALANCE ISCAYES MADINA	09:15 1H BODYSULPT ISCAYES MADINA	08:15 1H CXWORX STRETCHING BUZY LAETTIA	09:30 1H ATHLETIC JAZZ JOEL JOUANNY	09:30 1H PILATES SIMON FANNY	11:30 1H LESMILLS BODYBALANCE BUZY LAETTIA
	09:15 1H LESMILLS BODYPUMP ISCAYES MADINA	10:15 1H30' YOGA SIMON FANNY	09:15 1H PILATES BUZY LAETTIA	10:30 1H LESMILLS BODYPUMP ISCAYES MADINA	11:30 1H LESMILLS BODYATTACK ISCAYES MADINA	
	10:15 1H  GRABSI FETHI					

MIDI

12:15 45MIN LESMILLS BODYCOMBAT DAVID ROMAIN	12:15 45MIN LESMILLS BODYPUMP DAVID ROMAIN	12:15 45MIN CUISSES ABDOS FESSIERS BUZY LAETTIA	12:15 45MIN LESMILLS BODYJAM DURAND LAETTIA	12:15 45MIN LESMILLS BODYATTACK DAVID ROMAIN		
13:00 45MIN STRETCHING BUZY LAETTIA	13:00 45MIN CXWORX STRETCHING DAVID ROMAIN	13:00 45MIN LESMILLS BODYPUMP BUZY LAETTIA	13:00 45MIN PILATES DURAND LAETTIA	13:00 45MIN LESMILLS BODYBALANCE ISCAYES MADINA		

APRÈS MIDI

16:30 1H PILATES BUZY LAETTIA	16:30 1H BODYSULPT BUZY LAETTIA					
--	--	--	--	--	--	--

SOIR

17:30 1H 	17:30 1H CUISSES ABDOS FESSIERS SIMON FANNY	17:30 1H LESMILLS BODYJAM LESCH FABIEN	17:30 1H CROSS TRAINING DAVID ROMAIN	17:30 1H NRJ SCULPT DURAND LAETTIA	17:30 1H LESMILLS BODYPUMP ISCAYES MADINA	17:30 1H LESMILLS BODYJAM BUZY LAETTIA
18:30 1H BODY PUMP CXWORX DAVID ROMAIN	18:30 1H AERODANCE SIMON FANNY	18:30 1H LESMILLS BODYPUMP DAVID ROMAIN	18:30 1H LESMILLS BODYATTACK DAVID ROMAIN	18:30 1H LESMILLS BODYJAM DURAND LAETTIA		
19:30 1H30' ATHLETIC JAZZ DEL MONACO PATRICIA	19:30 1H LESMILLS BODYCOMBAT DEL MONACO PATRICIA	19:30 1H LESMILLS BODYBALANCE BUZY LAETTIA	19:30 1H BODY PUMP CXWORX ISCAYES MADINA			

COURS VÉLO

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

07:30 1H LES MILLS RPM BUZY LAETTITIA		07:30 1H SPINNING BUZY LAETTITIA		09:30 1H LES MILLS RPM ISCAYES MADINA	10:30 1H SPINNING ISCAYES MADINA	10:30 1H LES MILLS RPM BUZY LAETTITIA
--	--	--	--	--	--	--

MIDI

12:15 45MIN LES MILLS RPM BUZY LAETTITIA	12:15 45MIN SPINNING ISCAYES MADINA	12:15 45MIN LES MILLS RPM DAVID ROMAIN	12:15 45MIN LES MILLS RPM DAVID ROMAIN	12:15 45MIN SPINNING ISCAYES MADINA		
---	---	---	---	---	--	--

SOIR

18:30 1H LES MILLS RPM BUZY LAETTITIA	18:30 1H SPINNING BUZY LAETTITIA	18:30 1H LES MILLS RPM BUZY LAETTITIA	18:30 1H SPINNING ISCAYES MADINA	18:30 1H LES MILLS RPM ISCAYES MADINA	18:30 1H LES MILLS RPM ISCAYES MADINA	18:30 1H SPINNING BUZY LAETTITIA
--	--	--	--	--	--	--

19:30 1H SPINNING DAVID ROMAIN		19:30 1H SPINNING DAVID ROMAIN				
--------------------------------------	--	--------------------------------------	--	--	--	--

SMALL GROUP TRAINING

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

SOIR

19:30 30MIN

**TEAM
TRAINING**

BUZY LAETTITA

19:30 30MIN

**TEAM
TRAINING**

ISCAYES MADINA

