

## COURS COLLECTIFS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

### MATIN

08:45 30MIN <b>DOS ABDOS</b> CASTA LAURE	07:15 1H <b>CROSS TRAINING</b> TEODORESCU CORA	08:45 30MIN <b>CUISSES ABDOS FESSIERS</b>	08:45 45MIN <b>CROSS TRAINING</b> PERRINO KEVIN	08:45 30MIN <b>BODYSULPT</b> BOURDEAU CINDY	08:15 45MIN <b>CUISSES ABDOS FESSIERS</b> CASTA LAURE	10:15 1H <b>LESMILLS BODYPUMP</b> TEODORESCU CORA
09:15 1H <b>BODYSULPT</b> CASTA LAURE	08:30 45MIN <b>PILATES</b> BOURDEAU CINDY	09:15 1H <b>LESMILLS BODYPUMP</b>	09:30 1H <b>LESMILLS BODYBALANCE</b> CASTA LAURE	09:15 1H <b>LESMILLS BODYJAM</b> BOURDEAU CINDY	09:00 1H <b>PILATES</b> MALARA ELSA	11:15 1H <b>LESMILLS BODYATTACK</b> TEODORESCU CORA
10:15 1H <b>STRETCHING</b> PERRINO KEVIN	09:15 1H <b>CUISSES ABDOS FESSIERS</b> TEODORESCU CORA	10:15 45MIN <b>STRETCHING</b> TEODORESCU CORA	10:30 1H <b>LESMILLS BODYCOMBAT</b> PERRINO KEVIN	10:15 1H <b>LESMILLS BODYPUMP</b> BOURDEAU CINDY	10:00 1H <b>LESMILLS BODYPUMP</b> MEERNOUT NINA	
11:15 30MIN <b>ABDOS FESSIERS</b> PERRINO KEVIN	10:15 1H <b>LESMILLS BODYJAM</b> PERRINO KEVIN	11:00 1.25H <b>YOGA</b> TEODORESCU CORA	11:30 45MIN <b>ZUMBA</b> PERRINO KEVIN	11:30 45MIN <b>PILATES</b> DELMONT ARNAUD	11:00 30MIN <b>CORE BACK TRAINING</b> MALARA ELSA	
	11:15 1H <b>LESMILLS BODYPUMP</b> CASTA LAURE				11:30 1H <b>LESMILLS BODYJAM</b> ROYER ANAIS	

### MIDI

12:15 1H <b>LESMILLS BODYJAM</b> FAUVEAU SOPHIE	12:15 1H <b>LESMILLS BODYCOMBAT</b> BOURDEAU CINDY	12:15 1H <b>LESMILLS BODYPUMP</b> TEODORESCU CORA	12:30 45MIN <b>CROSS TRAINING</b> MEERNOUT NINA	12:15 1H <b>LESMILLS BODYBALANCE</b> FAUVEAU SOPHIE	12:30 1H <b>LESMILLS BODYBALANCE</b> ROYER ANAIS	12:30 1H <b>YOGA</b> TEODORESCU CORA
13:15 1H <b>PILATES</b> FAUVEAU SOPHIE	13:15 45MIN <b>STRETCHING</b> CASTA LAURE	13:15 30MIN <b>HIIT</b> BOURDEAU CINDY	13:15 45MIN <b>PILATES</b> DELMONT ARNAUD	13:15 1H <b>LADY DANCE</b> FAUVEAU SOPHIE		

### APRÈS MIDI

14:30 1H <b>LESMILLS BODYPUMP</b>	14:00 1H30 <b>YOGA</b> TEODORESCU CORA	15:30 1H <b>CUISSES ABDOS FESSIERS</b> BEDU MICHAEL	14:30 1H <b>ZUMBA</b> PERRINO KEVIN	15:30 30MIN <b>STRETCHING</b> BOURDEAU CINDY	16:00 1H <b>ZUMBA</b> PERRINO KEVIN	
15:30 1H <b>LESMILLS BODYBALANCE</b> CASTA LAURE	16:00 30MIN <b>HIIT</b> BOURDEAU CINDY	16:30 1H <b>LESMILLS BODYCOMBAT</b> BEDU MICHAEL	15:30 1H <b>LESMILLS BODYPUMP</b> CASTA LAURE	16:00 30MIN <b>HIIT</b> DELMONT ARNAUD		
16:30 1H <b>LESMILLS BODYATTACK</b> PERRINO KEVIN	16:30 1H <b>PILATES</b> BOURDEAU CINDY		16:30 1H <b>CUISSES ABDOS FESSIERS</b> MEERNOUT NINA	16:30 1H <b>LESMILLS BODYPUMP</b> DELMONT ARNAUD		

### SOIR

17:30 1H <b>CUISSES ABDOS FESSIERS</b> BOURDEAU CINDY	17:30 1H <b>ZUMBA</b> PERRINO KEVIN	17:30 1H <b>LESMILLS BODYPUMP</b>	17:30 1H <b>LESMILLS BODYJAM</b> LAMBERT MAUD	17:30 1H <b>LESMILLS BODYBALANCE</b> MALARA ELSA	17:00 1H <b>LESMILLS BODYPUMP</b> PERRINO KEVIN	18:30 1H <b>LESMILLS BODYBALANCE</b> CHAIX LAETTITA
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## LUNDI

## MARDI

## MERCREDI

## JEUDI

## VENDREDI

## SAMEDI

## DIMANCHE

<p>18:30 1H</p> <p>LES MILLS <b>BODYJAM</b></p> <p>LESCH FABIEN</p>	<p>18:30 1H</p> <p>LES MILLS <b>BODYPUMP</b></p> <p>DELMONT ARNAUD</p>	<p>18:30 1H</p> <p><b>STEP 3</b></p> <p>BOURDEAU CINDY</p>	<p>18:30 1H</p> <p>LES MILLS <b>BODYATTACK</b></p> <p>LAMBERT MAUD</p>	<p>18:30 1H</p> <p>LES MILLS <b>BODYCOMBAT</b></p> <p>BOURDEAU CINDY</p>	<p>18:00 30MIN</p> <p><b>HIIT</b></p> <p>PERRINO KEVIN</p>	
<p>19:30 1H</p> <p>LES MILLS <b>BODYBALANCE</b></p> <p>LESCH FABIEN</p>	<p>19:30 1H</p> <p>LES MILLS <b>BODYJAM</b></p> <p>PERRINO KEVIN</p>	<p>19:30 30MIN</p> <p><b>HIIT</b></p> <p>BOURDEAU CINDY</p>	<p>19:30 1H</p> <p>LES MILLS <b>BODYPUMP</b></p> <p>TEODORESCU CORA</p>	<p>19:30 1H</p> <p><b>STEP 1-2</b></p> <p>BOURDEAU CINDY</p>	<p>18:30 1H</p> <p>LES MILLS <b>BODYCOMBAT</b></p> <p>PERRINO KEVIN</p>	
<p>20:30 1H</p> <p><b>DANCE CLUBBING</b></p> <p>LESCH FABIEN</p>	<p>20:30 1H</p> <p><b>CROSS TRAINING</b></p> <p>MEERNOUT NINA</p>	<p>20:30 1H</p> <p>LES MILLS <b>BODYPUMP</b></p> <p>BOURDEAU CINDY</p>	<p>20:30 1H</p> <p><b>STRETCHING</b></p> <p>TEODORESCU CORA</p>	<p>20:30 1H</p> <p><b>ZUMBA</b> FLEX</p> <p>PERRINO KEVIN</p>		

Le planning peut être changé à tout moment sans préavis (cours et professeurs). Tout changement sera signalé à l'accueil du club.

**TEL : 04 93 17 58 73**

448 Route de Grenoble - 06200

Ouvert 7J/7 de 7h à 22h du lundi au vendredi et de 8h à 20h le samedi, dimanche et jours fériés

## COURS VÉLO

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

### MATIN

10:15 1H LES MILLS RPM CASTA LAURE	08:15 1H SPINNING TEODORESCU CORA	10:30 1H LES MILLS RPM DELMONT ARNAUD	09:30 1H SPINNING	09:15 1H LES MILLS RPM DELMONT ARNAUD	09:00 1H SPINNING MEERNOUT NINA	09:15 1H LES MILLS RPM TEODORESCU CORA
	09:15 1H LES MILLS RPM CASTA LAURE				10:00 1H LES MILLS RPM MALARA ELSA	

### MIDI

12:15 45MIN SPINNING	12:30 1H LES MILLS RPM TEODORESCU CORA	12:30 30MIN LES MILLS <i>sprint</i> MEERNOUT NINA	12:30 1H LES MILLS RPM PERRINO KEVIN	12:15 1H SPINNING		
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### APRÈS MIDI

					16:00 1H SPINNING DELMONT ARNAUD	
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### SOIR

17:30 1H LES MILLS RPM CASTA LAURE	17:30 1H SPINNING MEERNOUT NINA	17:30 1H LES MILLS RPM BOURDEAU CINDY	17:30 1H SPINNING TEODORESCU CORA	17:30 1H LES MILLS RPM BOURDEAU CINDY		17:30 1H LES MILLS RPM CHAIX LAETTITIA
18:30 1H SPINNING	18:30 1H LES MILLS RPM PERRINO KEVIN	18:30 1H30 SPINNING TEODORESCU CORA	18:30 1H LES MILLS RPM TEODORESCU CORA	18:30 1H SPINNING MALARA ELSA		
19:30 1H LES MILLS RPM BOURDEAU CINDY	19:30 1H LES MILLS RPM MEERNOUT NINA	20:00 30MIN LES MILLS <i>sprint</i> BOURDEAU CINDY	19:30 30MIN LES MILLS <i>sprint</i> MEERNOUT NINA	19:30 30MIN LES MILLS <i>sprint</i> PERRINO KEVIN		
				20:00 30MIN LES MILLS <i>sprint</i> PERRINO KEVIN		

### SMALL GROUP TRAINING

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

#### MATIN

10:30 30MIN

**HIITBOX**

TEODORESCU CORA

10:00 30MIN

**SPARTAN**

MEERNOUT NINA

10:30 30MIN

**HIITBOX**

CASTA LAURE

09:00 30MIN

**HIITBOX**

CASTA LAURE

11:30 30MIN

**BOXING TRAINING**

BOURDEAU CINDY

#### MIDI

12:30 30MIN

**BOXING TRAINING**

PERRINO KEVIN

12:30 30MIN

**BOXING TRAINING**

PERRINO KEVIN

12:15 30MIN

**HIITBOX**

BOURDEAU CINDY

12:30 30MIN

**SPARTAN**

MEERNOUT NINA

#### APRÈS MIDI

15:00 30MIN

**HIITBOX**

DELMONT ARNAUD

#### SOIR

18:30 30MIN

**HIITBOX**

BOURDEAU CINDY

17:45 30MIN

**HIITBOX**

BOURDEAU CINDY

18:30 30MIN

**TEAM TRAINING**

MEERNOUT NINA

18:00 30MIN

**BOXING TRAINING**

PERRINO KEVIN

19:30 30MIN

**SPARTAN**

MEERNOUT NINA

