

COURS COLLECTIFS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

09:15 1H LES MILLS BODYPUMP FUHS PAULINE	09:15 1H BODYSULPT STASSI KARINE	09:15 45MIN YOGA HATHA ERMELLINI LAURENT	10:15 1H LES MILLS BODYBALANCE STASSI KARINE	09:15 1H ZUMBA BUL AN SUNG OLIVIER	09:15 1H LES MILLS BODYBALANCE BUL AN SUNG OLIVIER	10:30 1H LES MILLS BODYPUMP FUHS PAULINE
10:15 1H ABDOS STRETCHING FUHS PAULINE	10:15 45MIN STRETCHING STASSI KARINE	10:00 1.25H YOGA VINYASA ERMELLINI LAURENT		10:15 1H BODYSULPT BUL AN SUNG OLIVIER	10:15 1H LES MILLS BODYCOMBAT BUL AN SUNG OLIVIER	11:30 45MIN STRETCHING FUHS PAULINE
				11:15 45MIN STRETCHING STASSI KARINE	11:15 1H BODYSULPT BUL AN SUNG OLIVIER	

MIDI

12:30 1H LES MILLS BODYJAM FUHS PAULINE		12:30 1H CROSS TRAINING STASSI KARINE	12:30 1H LES MILLS BODYPUMP CYPRIEN JEAN PIERRE		12:30 1H LES MILLS BODYJAM BUL AN SUNG OLIVIER	
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SOIR

17:30 1H LES MILLS BODYPUMP FUHS PAULINE	17:30 1H LES MILLS BODYBALANCE STASSI KARINE	17:30 1H BODYSULPT STASSI KARINE	17:30 1H CROSS TRAINING FUHS PAULINE	17:30 1H ABDOS STRETCHING FUHS PAULINE		
18:30 1H LES MILLS BODYJAM BUL AN SUNG OLIVIER	18:30 1H LES MILLS BODYCOMBAT BUL AN SUNG OLIVIER	18:30 1H ZUMBA BUL AN SUNG OLIVIER	18:30 1.25H YOGA VINYASA ERMELLINI LAURENT	18:30 1H LES MILLS BODYPUMP IFERGANE FABRICE		
19:30 1H LES MILLS BODYBALANCE CHAIX LAETTIA	19:30 1H LES MILLS BODYPUMP BUL AN SUNG OLIVIER	19:30 1H LES MILLS BODYCOMBAT BUL AN SUNG OLIVIER	19:45 45MIN YOGA HATHA ERMELLINI LAURENT	19:30 1H LES MILLS BODYATTACK IFERGANE FABRICE		

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

TEL : 04 92 02 30 30

970 Route Nationale 7 - 06270

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

COURS AQUATIQUES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN						
09:00 45MIN AQUAGYM KLEIN YOANNA	09:00 45MIN AQUAGYM TESSIER PIERRE-JEAN	09:00 45MIN AQUACTIVE KLEIN YOANNA	09:00 45MIN AQUADYNAMIC TESSIER PIERRE-JEAN	09:00 45MIN AQUACTIVE KLEIN YOANNA	09:00 45MIN AQUAGYM	09:30 45MIN AQUAGYM
10:00 45MIN AQUACTIVE KLEIN YOANNA	10:00 45MIN AQUACTIVE TESSIER PIERRE-JEAN	10:00 45MIN AQUADYNAMIC KLEIN YOANNA	10:00 45MIN AQUACTIVE TESSIER PIERRE-JEAN	10:00 45MIN AQUACYCLING KLEIN YOANNA	10:00 45MIN AQUACTIVE	10:30 45MIN AQUACTIVE
11:00 45MIN AQUACYCLING KLEIN YOANNA					11:00 45MIN AQUACYCLING	11:30 45MIN AQUACYCLING
MIDI						
12:30 45MIN AQUACTIVE KLEIN YOANNA	12:30 45MIN AQUADYNAMIC TESSIER PIERRE-JEAN	12:30 45MIN AQUACYCLING KLEIN YOANNA	12:30 45MIN AQUACYCLING TESSIER PIERRE-JEAN	12:30 45MIN AQUACTIVE KLEIN YOANNA		
			13:30 45MIN AQUAGYM TESSIER PIERRE-JEAN			
APRÈS MIDI						
15:00 45MIN AQUACTIVE TESSIER PIERRE-JEAN						
SOIR						
17:30 45MIN AQUAGYM TESSIER PIERRE-JEAN	17:30 45MIN AQUADYNAMIC KLEIN YOANNA		17:30 45MIN AQUACYCLING KLEIN YOANNA	17:30 45MIN AQUADYNAMIC TESSIER PIERRE-JEAN		
18:30 45MIN AQUADYNAMIC TESSIER PIERRE-JEAN	18:30 45MIN AQUACTIVE KLEIN YOANNA		18:30 45MIN AQUACTIVE KLEIN YOANNA	18:30 45MIN AQUACYCLING TESSIER PIERRE-JEAN		
19:30 45MIN AQUACYCLING TESSIER PIERRE-JEAN				19:30 45MIN AQUACTIVE TESSIER PIERRE-JEAN		

COURS VÉLO

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

09:15 1H

SPINNING

STASSI KARINE

09:30 1H

SPINNING

FUHS PAULINE

MIDI

12:30 1H

SPINNING

CYPRIEN JEAN PIERRE

12:30 1H

SPINNING

FUHS PAULINE

SOIR

18:30 45MIN

LES MILLS
RPM

CHAIX LAETITIA

18:30 1H

SPINNING

STASSI KARINE

18:30 1H

SPINNING

FUHS PAULINE

18:30 1H

SPINNING

FUHS PAULINE

