

JEUDI 27/06	VENDREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
<b>07:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> LAETITIA BUZY	<b>07:30:00</b> 60 min <b>CROSS TRAINING</b> JEREMY ALLEAUME	<b>09:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> MATTHIEU POUSTIS	<b>09:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> LAETITIA BUZY	<b>07:30:00</b> 60 min <b>LES MILLS RPM</b> JEREMY ALLEAUME	<b>07:30:00</b> 60 min <b>CXWORX STRETCHING</b> LAETITIA BUZY	<b>07:30:00</b> 60 min <b>SPINNING</b> LAETITIA BUZY
<b>08:30:00</b> 60 min <b>CXWORX BODYBALANCE</b> LAETITIA BUZY	<b>08:30:00</b> 60 min <b>BODYSULPT</b> JOEL JOUANNY	<b>10:30:00</b> 60 min <b>BODYATTACK CXWORX</b> MATTHIEU POUSTIS	<b>10:30:00</b> 30 min <b>LES MILLS CXWORX</b> LAETITIA BUZY	<b>09:15:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> JEREMY ALLEAUME	<b>08:30:00</b> 60 min <b>ORIENTATION</b> LAETITIA BUZY	<b>08:15:00</b> 60 min <b>PILATES</b> ELODIE BOURGEOIS
<b>09:30:00</b> 60 min <b>PILATES</b> LAETITIA BUZY	<b>09:30:00</b> 60 min <b>EXTRA VADANZA</b> JOEL JOUANNY	<b>11:30:00</b> 60 min <b>SPINNING</b> MATTHIEU POUSTIS	<b>11:00:00</b> 60 min <b>LES MILLS RPM</b> LAETITIA BUZY	<b>10:15:00</b> 60 min <b>STRETCHING</b> JEREMY ALLEAUME	<b>09:15:00</b> 60 min <b>LES MILLS BODYPUMP</b> JEREMY ALLEAUME	<b>09:15:00</b> 60 min <b>BODYSULPT</b> ELODIE BOURGEOIS
<b>12:15:00</b> 45 min <b>CUISSES ABDOS FESSIERS</b> LAETITIA BUZY	<b>09:30:00</b> 60 min <b>LES MILLS RPM</b> JEREMY ALLEAUME	<b>15:30:00</b> 120 min <b>YOGA</b> MARTINE DULBECCO	<b>12:00:00</b> 60 min <b>LES MILLS BODYBALANCE</b> LAETITIA BUZY	<b>12:15:00</b> 45 min <b>LES MILLS BODYCOMBAT</b> JEREMY ALLEAUME	<b>10:15:00</b> 60 min <b>ZUMBA</b> FETHI GRABSI	<b>10:15:00</b> 90 min <b>YOGA</b> ELODIE BOURGEOIS
<b>12:15:00</b> 45 min <b>LES MILLS RPM</b> JEREMY ALLEAUME	<b>10:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> JEREMY ALLEAUME			<b>12:15:00</b> 45 min <b>LES MILLS RPM</b> LAETITIA BUZY	<b>12:15:00</b> 45 min <b>LES MILLS BODYPUMP</b> ROMAIN DAVID	<b>12:15:00</b> 45 min <b>LES MILLS BODYJAM</b> LAETITIA DURAND
<b>13:00:00</b> 45 min <b>LES MILLS BODYPUMP</b> JEREMY ALLEAUME	<b>12:15:00</b> 45 min <b>LES MILLS BODYATTACK</b> JEREMY ALLEAUME			<b>12:30:00</b> 60 min <b>ORIENTATION</b> ROMAIN DAVID	<b>12:15:00</b> 45 min <b>LES MILLS RPM</b> JEREMY ALLEAUME	<b>12:15:00</b> 45 min <b>SPINNING</b> LAETITIA BUZY

JEUDI 27/06	VENDREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
<b>17:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> LAETITIA BUZY	<b>12:15:00</b> 45 min <b>LES MILLS</b> <b>RPM</b> JEREMY ALLEAUME			<b>13:00:00</b> 30 min <b>LES MILLS</b> <b>RPM</b> JEREMY ALLEAUME	<b>13:00:00</b> 45 min <b>CXWORX</b> <b>STRETCHING</b> ROMAIN DAVID	<b>13:00:00</b> 45 min <b>PILATES</b> LAETITIA DURAND
<b>18:30:00</b> 30 min <b>LES MILLS</b> <b>BODYATTACK</b> JEREMY ALLEAUME	<b>13:00:00</b> 45 min <b>STRETCHING</b> JEREMY ALLEAUME			<b>13:00:00</b> 45 min <b>STRETCHING</b> LAETITIA BUZY	<b>16:30:00</b> 60 min <b>YOGA</b> FANNY SIMON	<b>16:30:00</b> 60 min <b>BODYSULPT</b> LAETITIA BUZY
<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> JEREMY ALLEAUME	<b>17:30:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> LAETITIA DURAND			<b>15:30:00</b> 60 min <b>YOGA</b> ELODIE BOURGEOIS	<b>17:30:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> FANNY SIMON	<b>17:30:00</b> 60 min <b>ORIENTATION</b> LAETITIA BUZY
<b>19:00:00</b> 30 min <b>LES MILLS</b> <b>CXWORX</b> LAETITIA BUZY	<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>BODYJAM</b> LAETITIA DURAND			<b>16:30:00</b> 60 min <b>PILATES</b> ELODIE BOURGEOIS	<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>BODYJAM</b> FANNY SIMON	<b>17:30:00</b> 60 min <b>LES MILLS</b> <b>BODYJAM</b> FABIEN LESCH
<b>19:30:00</b> 60 min <b>LES MILLS</b> <b>BODYBALANCE</b> LAETITIA BUZY	<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> JEAN-PIERRE CYPRIEN			<b>17:30:00</b> 60 min <b>CROSS</b> <b>TRAINING</b> LAETITIA BUZY	<b>19:30:00</b> 60 min <b>LES MILLS</b> <b>BODYCOMBAT</b> PATRICIA DEL MONACO	<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> ROMAIN DAVID
<b>19:30:00</b> 60 min <b>ORIENTATION</b> JEREMY ALLEAUME	<b>19:30:00</b> 60 min <b>STEP 1</b>			<b>18:30:00</b> 60 min <b>BODY PUMP</b> <b>CXWORX</b> ROMAIN DAVID		<b>18:30:00</b> 60 min <b>SPINNING</b> FABIEN LESCH

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				<p><b>18:30:00</b> 60 min</p> <p><b>LES MILLS RPM</b></p> <p>LAETITIA BUZY</p>		<p><b>19:30:00</b> 60 min</p> <p><b>LES MILLS BODYBALANCE</b></p> <p>LAETITIA BUZY</p>
				<p><b>19:30:00</b> 60 min</p> <p><b>ATHLETIC JAZZ</b></p> <p>PATRICIA DEL MONACO</p>		
				<p><b>19:30:00</b> 60 min</p> <p><b>SPINNING</b></p> <p>ROMAIN DAVID</p>		

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