

JEUDI 27/06	VENDREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
<b>09:15:00</b> 60 min <b>SPINNING</b> KARINE STASSI	<b>09:15:00</b> 45 min <b>GYM DOUCE</b> MAXIME POULAUD	<b>09:30:00</b> 60 min <b>BODYSculpT</b> LUDOVIC LANDRA		<b>09:15:00</b> 60 min <b>GYM DOUCE</b> MAXIME POULAUD	<b>09:15:00</b> 60 min <b>BODYSculpT</b> KARINE STASSI	<b>09:15:00</b> 60 min <b>YOGA HATHA</b> LAURENT ERMELLINI
<b>10:00:00</b> 60 min <b>ORIENTATION</b> MAXIME POULAUD	<b>10:00:00</b> 45 min <b>BODYSculpT</b> MAXIME POULAUD	<b>10:30:00</b> 60 min LESMILLS <b>BODYCOMBAT</b> LUDOVIC LANDRA		<b>10:15:00</b> 60 min <b>PILATES</b> MAXIME POULAUD	<b>10:15:00</b> 45 min <b>STRETCHING</b> KARINE STASSI	<b>09:15:00</b> 60 min <b>ORIENTATION</b> MAXIME POULAUD
<b>10:15:00</b> 60 min LESMILLS <b>BODYBALANCE</b> KARINE STASSI	<b>10:45:00</b> 30 min <b>STRETCHING</b> MAXIME POULAUD			<b>11:15:00</b> 60 min <b>ORIENTATION</b> MAXIME POULAUD	<b>12:00:00</b> 30 min <b>ORIENTATION</b> KARINE STASSI	<b>10:15:00</b> 60 min <b>YOGA VINYASA</b> LAURENT ERMELLINI
<b>12:30:00</b> 60 min LESMILLS <b>BODYPUMP</b> MAXIME POULAUD	<b>11:30:00</b> 30 min <b>FIITEAM</b> MAXIME POULAUD			<b>12:30:00</b> 60 min <b>BODYSculpT</b> MAXIME POULAUD	<b>12:30:00</b> 60 min <b>SPINNING</b> GERARD MORO	<b>10:15:00</b> 30 min <b>FIITEAM</b> MAXIME POULAUD
<b>17:30:00</b> 60 min <b>CROSS TRAINING</b> LUDOVIC LANDRA	<b>12:30:00</b> 60 min <b>SPINNING</b> LUDOVIC LANDRA			<b>17:30:00</b> 60 min LESMILLS <b>BODYPUMP</b> OLIVIER BUL AN SUNG	<b>12:30:00</b> 30 min <b>FIITEAM</b> KARINE STASSI	<b>12:30:00</b> 60 min <b>CROSS TRAINING</b> KARINE STASSI
<b>18:30:00</b> 60 min <b>YOGA VINYASA</b> LAURENT ERMELLINI	<b>17:30:00</b> 60 min <b>ABDOS STRETCHING</b> MAXIME POULAUD			<b>17:30:00</b> 60 min <b>ORIENTATION</b> MAXIME POULAUD	<b>17:30:00</b> 60 min LESMILLS <b>BODYBALANCE</b> KARINE STASSI	<b>17:30:00</b> 60 min <b>BODYSculpT</b> KARINE STASSI

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<b>18:30:00</b> 60 min  <b>ORIENTATION</b>  LUDOVIC LANDRA	<b>18:30:00</b> 60 min  <b>STEP 2</b>  MAXIME POULAUD			<b>18:30:00</b> 60 min  <b>LES MILLS BODYJAM</b>  OLIVIER BUL AN SUNG	<b>18:30:00</b> 60 min  <b>LES MILLS BODYCOMBAT</b>  OLIVIER BUL AN SUNG	<b>18:30:00</b> 60 min  <b>SPINNING</b>  KARINE STASSI
<b>19:30:00</b> 60 min  <b>YOGA HATHA</b>  LAURENT ERMELLINI				<b>18:30:00</b> 60 min  <b>SPINNING</b>  MAXIME POULAUD	<b>19:30:00</b> 60 min  <b>LES MILLS BODYPUMP</b>  OLIVIER BUL AN SUNG	<b>18:30:00</b> 60 min   OLIVIER BUL AN SUNG
<b>19:30:00</b> 30 min  <b>FIITEAM</b>  LUDOVIC LANDRA				<b>19:30:00</b> 60 min  <b>LES MILLS BODYBALANCE</b>  MAXIME POULAUD		<b>19:30:00</b> 60 min  <b>LES MILLS BODYCOMBAT</b>  OLIVIER BUL AN SUNG
						<b>19:30:00</b> 60 min  <b>ORIENTATION</b>  KARINE STASSI

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