


JEUDI 27/06	VENDREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
<b>08:30:00</b> 60 min <b>CORE BACK TRAINING</b> ETIENNE POULAIN	<b>09:00:00</b> 60 min <b>PILATES</b> LAETITIA DURAND	<b>08:30:00</b> 90 min <b>YOGA</b> MARTINE DULBECCO	<b>09:00:00</b> 60 min <b>LES MILLS RPM</b> CLEMENCE LAMASSET	<b>09:00:00</b> 60 min <b>ABDOS FESSIERS</b> JEANNE EMBERGER	<b>09:00:00</b> 60 min <b>LES MILLS BODYPUMP</b> MATTHIEU POUSTIS	<b>08:30:00</b> 60 min <b>BODYSULPT</b> JEANNE EMBERGER
<b>09:30:00</b> 60 min <b>ABDOS FESSIERS</b> ETIENNE POULAIN	<b>09:15:00</b> 60 min <b>ORIENTATION</b> MATTHIEU POUSTIS	<b>10:00:00</b> 60 min <b>LES MILLS BODYPUMP</b> JEREMY ALLEAUME	<b>10:00:00</b> 60 min <b>LES MILLS BODYPUMP</b> CLEMENCE LAMASSET	<b>10:00:00</b> 60 min <b>LES MILLS BODYPUMP</b> JEANNE EMBERGER	<b>10:00:00</b> 60 min <b>ABDOS FESSIERS</b> MATTHIEU POUSTIS	<b>09:30:00</b> 60 min <b>CORE BACK TRAINING STRETCHING</b> ETIENNE POULAIN
<b>10:30:00</b> 60 min <b>LES MILLS BODYCOMBAT</b> JEANNE EMBERGER	<b>10:00:00</b> 60 min <b>STEP 2</b> LAETITIA DURAND	<b>11:00:00</b> 60 min <b>LES MILLS BODYCOMBAT</b> JEREMY ALLEAUME	<b>11:00:00</b> 60 min <b>LES MILLS BODYBALANCE</b> CLEMENCE LAMASSET	<b>11:00:00</b> 60 min <b>STRETCHING</b> JEANNE EMBERGER	<b>10:00:00</b> 60 min <b>LES MILLS RPM</b> JEANNE EMBERGER	<b>09:30:00</b> 60 min <b>LES MILLS RPM</b> JEANNE EMBERGER
<b>10:30:00</b> 60 min <b>LES MILLS RPM</b> STEEVE CHAGNEAU	<b>10:30:00</b> 60 min <b>LES MILLS RPM</b> MATTHIEU POUSTIS	<b>12:00:00</b> 60 min <b>STRETCHING</b> JEREMY ALLEAUME		<b>12:30:00</b> 60 min <b>LES MILLS BODYJAM</b> LAETITIA DURAND	<b>11:00:00</b> 60 min <b>LES MILLS BODYBALANCE</b> JEANNE EMBERGER	<b>12:30:00</b> 60 min <b>ORIENTATION</b> JEANNE EMBERGER
<b>12:30:00</b> 60 min <b>ZUMBA</b> FETHI GRABSI	<b>11:00:00</b> 45 min <b>STRETCHING</b> LAETITIA DURAND	<b>14:15:00</b> 60 min <b>EXTRA VADANZA</b> JOEL JOUANNY		<b>12:30:00</b> 60 min <b>LES MILLS RPM</b> JEANNE EMBERGER	<b>12:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> JEANNE EMBERGER	<b>12:30:00</b> 60 min <b>ABDOS FESSIERS</b> ETIENNE POULAIN
<b>12:30:00</b> 60 min <b>LES MILLS RPM</b> JEANNE EMBERGER	<b>12:30:00</b> 60 min <b>LES MILLS BODYBALANCE</b> JEANNE EMBERGER	<b>15:00:00</b> 60 min <b>ORIENTATION</b> MATTHIEU POUSTIS		<b>13:30:00</b> 45 min <b>LES MILLS BODYBALANCE</b> LAETITIA DURAND	<b>12:30:00</b> 60 min <b>LES MILLS RPM</b> MATTHIEU POUSTIS	<b>17:30:00</b> 60 min <b>PILATES</b> BELKACEM LAOUDI

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<b>15:30:00</b> 60 min  <b>BODYSULPT</b>  MATTHIEU POUSTIS	<b>12:30:00</b> 60 min  <b>SPINNING</b>  MATTHIEU POUSTIS	<b>16:00:00</b> 60 min  LESMILLS <b>BODYPUMP</b>  MATTHIEU POUSTIS		<b>16:30:00</b> 60 min  <b>CORE BACK TRAINING</b>  ETIENNE POULAIN	<b>16:00:00</b> 60 min  <b>ABDOS STRETCHING</b>  MATTHIEU POUSTIS	<b>18:15:00</b> 60 min  <b>LES MILLS RPM</b>  JEANNE EMBERGER
<b>16:30:00</b> 60 min  <b>ABDOS FESSIERS</b>  MATTHIEU POUSTIS	<b>14:00:00</b> 120 min  <b>YOGA</b>  FRANCOISE RINFRAY	<b>17:00:00</b> 60 min  <b>LES MILLS RPM</b>  MATTHIEU POUSTIS		<b>17:30:00</b> 60 min  LESMILLS <b>BODYPUMP</b>  MATTHIEU POUSTIS	<b>17:00:00</b> 90 min  <b>YOGA</b>  MARTINE DULBECCO	<b>18:30:00</b> 60 min  LESMILLS <b>BODYJAM</b>  BELKACEM LAOUDI
<b>17:30:00</b> 60 min  <b>STEP 1</b>  BELKACEM LAOUDI	<b>16:00:00</b> 30 min  <b>CORE BACK TRAINING</b>  ETIENNE POULAIN	<b>18:00:00</b> 60 min  <b>CROSS TRAINING</b>  MATTHIEU POUSTIS		<b>18:30:00</b> 60 min  <b>CROSS TRAINING</b>  MATTHIEU POUSTIS	<b>18:30:00</b> 60 min  <b>ORIENTATION</b>  MATTHIEU POUSTIS	<b>19:30:00</b> 60 min  LESMILLS <b>BODYPUMP</b>  JEANNE EMBERGER
<b>18:30:00</b> 60 min  LESMILLS <b>BODYBALANCE</b>  BELKACEM LAOUDI	<b>16:30:00</b> 60 min  <b>STRETCHING</b>  ETIENNE POULAIN			<b>19:30:00</b> 60 min  <b>STEP 2</b>  EMMA FRANSIOLI	<b>18:30:00</b> 60 min  LESMILLS <b>BODYCOMBAT</b>  JEREMY ALLEAUME	
<b>18:30:00</b> 30 min  <b>FIITEAM</b>  MATTHIEU POUSTIS	<b>17:30:00</b> 60 min  LESMILLS <b>BODYJAM</b>  BELKACEM LAOUDI			<b>19:30:00</b> 60 min  <b>SPINNING</b>  MATTHIEU POUSTIS	<b>19:30:00</b> 60 min   FETHI GRABSI	
<b>19:00:00</b> 60 min  <b>LES MILLS RPM</b>  STEEVE CHAGNEAU	<b>18:30:00</b> 60 min  LESMILLS <b>BODYPUMP</b>  BELKACEM LAOUDI			<b>20:30:00</b> 60 min  LESMILLS <b>BODYJAM</b>  EMMA FRANSIOLI	<b>19:30:00</b> 60 min  <b>LES MILLS RPM</b>  JEREMY ALLEAUME	

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<p><b>19:30:00</b> 60 min</p> <p><b>LESMILLS BODYCOMBAT</b></p> <p>PATRICIA DEL MONACO</p>	<p><b>18:30:00</b> 30 min</p> <p><b>FIITEAM</b></p> <p>JEANNE EMBERGER</p>				<p><b>19:30:00</b> 30 min</p> <p><b>FIITEAM</b></p> <p>MATTHIEU POUSTIS</p>	
<p><b>20:30:00</b> 60 min</p> <p><b>CROSS TRAINING</b></p> <p>MATTHIEU POUSTIS</p>	<p><b>19:30:00</b> 60 min</p> <p><b>LESMILLS BODYBALANCE</b></p> <p>JEANNE EMBERGER</p>					

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