

DIMANCHE 18/08	LUNDI 19/08	MARDI 20/08	MERCREDI 21/08	JEUDI 22/08	VENREDI 23/08	SAMEDI 24/08
09:00:00 60 min SPINNING JEAN-PIERRE CYPRIEN	08:45:00 30 min DOS ABDOS MAEVA PISSARELLO	08:15:00 60 min CROSS TRAINING JUSTINE JOLY	08:15:00 60 min PILATES ARNAUD DELMONT	08:45:00 30 min STRETCHING JUSTINE JOLY	08:45:00 60 min LESMILLS BODYBALANCE MAEVA PISSARELLO	09:00:00 60 min LESMILLS RPM ANNA-LENA BARACANI
10:00:00 60 min LESMILLS BODYPUMP JEAN-PIERRE CYPRIEN	09:15:00 30 min LESMILLS CXWORX MAEVA PISSARELLO	09:15:00 60 min PILATES JUSTINE JOLY	09:15:00 60 min LESMILLS BODYPUMP ARNAUD DELMONT	09:15:00 60 min ZUMBA JUSTINE JOLY	09:30:00 60 min LESMILLS RPM ARNAUD DELMONT	10:00:00 60 min LESMILLS BODYPUMP ANNA-LENA BARACANI
11:00:00 60 min STRETCHING JEAN-PIERRE CYPRIEN	09:45:00 30 min BODYSULPT MAEVA PISSARELLO	10:15:00 60 min BODYSULPT JUSTINE JOLY	10:15:00 60 min LESMILLS RPM ARNAUD DELMONT	10:15:00 60 min LESMILLS BODYPUMP JUSTINE JOLY	09:45:00 30 min LESMILLS CXWORX MAEVA PISSARELLO	11:00:00 60 min LESMILLS BODYJAM ANNA MAIRE
17:30:00 60 min SPINNING JEAN-PIERRE CYPRIEN	10:15:00 45 min STRETCHING MAEVA PISSARELLO	11:15:00 60 min LESMILLS BODYJAM EMMA SANTERRE	10:15:00 60 min CROSS TRAINING JUSTINE JOLY	11:15:00 60 min LESMILLS BODYJAM EMMA FRANSIOLI	10:30:00 60 min LESMILLS BODYPUMP MAEVA PISSARELLO	12:00:00 60 min LESMILLS BODYBALANCE ANNA MAIRE
18:30:00 30 min LESMILLS CXWORX JEAN-PIERRE CYPRIEN	12:15:00 45 min LESMILLS BODYJAM MAEVA PISSARELLO	12:15:00 45 min CROSS TRAINING EMMA SANTERRE	11:30:00 30 min ORIENTATION ARNAUD DELMONT	12:15:00 45 min LESMILLS BODYPUMP EMMA FRANSIOLI	11:30:00 45 min PILATES ARNAUD DELMONT	16:00:00 60 min PILATES ARNAUD DELMONT
19:00:00 30 min STRETCHING JEAN-PIERRE CYPRIEN	12:15:00 45 min LESMILLS RPM JUSTINE JOLY	13:15:00 45 min STRETCHING JUSTINE JOLY	11:30:00 30 min FIITEAM JUSTINE JOLY	13:00:00 45 min LESMILLS RPM EMMA FRANSIOLI	12:15:00 45 min SPINNING MAEVA PISSARELLO	17:00:00 60 min SPINNING ARNAUD DELMONT

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	13:00:00 45 min CROSS TRAINING MAEVA PISSARELLO	13:15:00 45 min SPINNING EMMA SANTERRE	12:15:00 45 min LESMILLS BODYCOMBAT ELSA MALARA	13:15:00 45 min PILATES ARNAUD DELMONT	13:00:00 45 min CUISSES ABDOS FESSIERS MAEVA PISSARELLO	18:00:00 60 min LESMILLS BODYPUMP ARNAUD DELMONT
	17:30:00 60 min CUISSES ABDOS FESSIERS MAEVA PISSARELLO	16:00:00 90 min YOGA MYRIAM OTTONELLO	13:00:00 30 min LESMILLS CXWORX JUSTINE JOLY	16:00:00 90 min YOGA MYRIAM OTTONELLO	17:00:00 30 min HIIT ARNAUD DELMONT	
	17:30:00 30 min FIITEAM JUSTINE JOLY	17:30:00 60 min LESMILLS BODYJAM MAEVA PISSARELLO	13:00:00 45 min LESMILLS RPM ELSA MALARA	17:30:00 30 min ORIENTATION MAEVA PISSARELLO	17:30:00 60 min LESMILLS RPM MAEVA PISSARELLO	
	18:30:00 60 min LESMILLS RPM MAEVA PISSARELLO	18:30:00 60 min LESMILLS BODYPUMP ARNAUD DELMONT	16:30:00 60 min LESMILLS BODYCOMBAT MAEVA PISSARELLO	17:30:00 60 min LESMILLS BODYBALANCE LAURA GOLLNICK	17:30:00 60 min LESMILLS BODYPUMP ARNAUD DELMONT	
	18:30:00 60 min LESMILLS BODYJAM MAEVA PISSARELLO	18:30:00 60 min SPINNING MAEVA PISSARELLO	17:30:00 60 min LESMILLS BODYPUMP MAEVA PISSARELLO	18:30:00 60 min LESMILLS BODYJAM LAURA GOLLNICK	18:30:00 60 min LESMILLS BODYCOMBAT MAEVA PISSARELLO	
	19:30:00 60 min CROSS TRAINING JUSTINE JOLY	19:30:00 60 min LESMILLS BODYCOMBAT MAEVA PISSARELLO	17:30:00 60 min LESMILLS RPM JUSTINE JOLY	18:30:00 60 min SPINNING MAEVA PISSARELLO	19:00:00 30 min ORIENTATION ARNAUD DELMONT	

DIMANCHE 18/08	LUNDI 19/08	MARDI 20/08	MERCREDI 21/08	JEUDI 22/08	VENDREDI 23/08	SAMEDI 24/08
		20:30:00 60 min LESMILLS BODYBALANCE MAEVA PISSARELLO	18:30:00 60 min LESMILLS RPM MAEVA PISSARELLO	19:30:00 60 min LESMILLS BODYPUMP LAURA GOLLNICK	19:30:00 60 min PILATES MAEVA PISSARELLO	
			18:30:00 60 min CUISSES ABDOS FESSIERS JUSTINE JOLY	20:00:00 30 min FIITEAM MAEVA PISSARELLO		
			19:30:00 60 min  JUSTINE JOLY			

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