

DIMANCHE 23/08	LUNDI 24/08	MARDI 25/08	MERCREDI 26/08	JEUDI 27/08	VENREDI 28/08	SAMEDI 29/08
<b>09:00:00</b> 60 min <b>LES MILLS RPM</b>	<b>09:15:00</b> 30 min <b>DOS ABDOS</b>	<b>08:30:00</b> 45 min <b>PILATES</b> ARNAUD DELMONT	<b>08:30:00</b> 45 min <b>CUISSES ABDOS FESSIERS</b>	<b>10:15:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b>	<b>08:45:00</b> 45 min <b>LES MILLS BODYBALANCE</b>	<b>09:00:00</b> 60 min <b>LES MILLS RPM</b> ANNA-LENA BARACANI
<b>10:00:00</b> 60 min <b>LES MILLS BODYPUMP</b>	<b>09:45:00</b> 30 min <b>BODYSULPT</b>	<b>09:15:00</b> 60 min <b>LES MILLS BODYPUMP</b> ARNAUD DELMONT	<b>09:15:00</b> 45 min <b>CROSS TRAINING</b>	<b>11:15:00</b> 60 min <b>L.I.A</b> EMMA FRANSIOLI	<b>09:30:00</b> 60 min <b>LES MILLS RPM</b> ARNAUD DELMONT	<b>10:00:00</b> 60 min <b>LES MILLS BODYPUMP</b> ANNA-LENA BARACANI
<b>11:00:00</b> 30 min <b>STRETCHING</b>	<b>10:15:00</b> 45 min <b>STRETCHING</b>	<b>12:15:00</b> 30 min <b>HIIT</b> ARNAUD DELMONT	<b>11:15:00</b> 60 min <b>BODYSULPT</b>	<b>12:15:00</b> 45 min <b>LES MILLS BODYPUMP</b> EMMA FRANSIOLI	<b>10:30:00</b> 60 min <b>LES MILLS BODYPUMP</b>	<b>11:00:00</b> 60 min <b>LES MILLS BODYJAM</b> ANNA MAIRE
	<b>12:15:00</b> 45 min <b>LES MILLS RPM</b>	<b>16:00:00</b> 90 min <b>YOGA</b> MYRIAM OTTONELLO	<b>12:15:00</b> 45 min <b>LES MILLS RPM</b>	<b>13:00:00</b> 45 min <b>LES MILLS RPM</b> EMMA FRANSIOLI	<b>11:30:00</b> 45 min <b>PILATES</b> ARNAUD DELMONT	<b>12:00:00</b> 60 min <b>LES MILLS BODYBALANCE</b> ANNA MAIRE
	<b>17:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b>	<b>17:30:00</b> 60 min <b>LES MILLS RPM</b> ARNAUD DELMONT	<b>17:30:00</b> 60 min <b>LES MILLS BODYPUMP</b>	<b>16:00:00</b> 90 min <b>YOGA</b> MYRIAM OTTONELLO	<b>12:15:00</b> 45 min <b>SPINNING</b>	<b>16:00:00</b> 60 min <b>PILATES</b> ARNAUD DELMONT
	<b>18:30:00</b> 60 min <b>LES MILLS RPM</b>	<b>18:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> ARNAUD DELMONT	<b>18:30:00</b> 60 min <b>SPINNING</b>	<b>17:30:00</b> 60 min <b>LES MILLS RPM</b> ANNA-LENA BARACANI	<b>17:00:00</b> 30 min <b>HIIT</b> ARNAUD DELMONT	<b>17:00:00</b> 60 min <b>SPINNING</b> ARNAUD DELMONT

DIMANCHE 23/08	LUNDI 24/08	MARDI 25/08	MERCREDI 26/08	JEUDI 27/08	VENDREDI 28/08	SAMEDI 29/08
	<b>19:30:00</b> 45 min  <b>CROSS TRAINING</b>		<b>19:30:00</b> 60 min  <b>CUISSES ABDOS FESSIERS</b>	<b>18:30:00</b> 60 min  <b>CUISSES ABDOS FESSIERS</b>  ANNA-LENA BARACANI	<b>17:30:00</b> 60 min  <b>LESMILLS BODYPUMP</b>  ARNAUD DELMONT	<b>18:00:00</b> 30 min  <b>HIIT</b>  ARNAUD DELMONT
				<b>19:30:00</b> 60 min  <b>LESMILLS BODYPUMP</b>  ANNA-LENA BARACANI	<b>18:30:00</b> 60 min  <b>LESMILLS RPM</b>  ARNAUD DELMONT	

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