

SAMEDI 20/04	DIMANCHE 21/04	LUNDI 22/04	MARDI 23/04	MERCREDI 24/04	JEUDI 25/04	VENDREDI 26/04
<b>10:15:00</b> 60 min <b>LES MILLS BODYPUMP</b> ROBIN BATOUCHE	<b>09:30:00</b> 30 min <b>ABDOS FESSIERS</b> MATTHIEU POUSTIS	<b>09:00:00</b> 60 min <b>LES MILLS BODYPUMP</b> JONATHAN FRECHET	<b>09:00:00</b> 45 min <b>PILATES</b> CAROLINE ROOD	<b>08:30:00</b> 30 min <b>CUISSES ABDOS FESSIERS</b> JONATHAN FRECHET	<b>08:15:00</b> 60 min <b>YOGA HATHA</b> MANDY GOMEZ	<b>09:00:00</b> 45 min <b>PILATES</b> MANDY GOMEZ
<b>11:15:00</b> 60 min <b>STEP 1</b> ROBIN BATOUCHE	<b>10:00:00</b> 60 min <b>LES MILLS RPM</b> MATTHIEU POUSTIS	<b>10:00:00</b> 30 min <b>LES MILLS CXWORX</b> JONATHAN FRECHET	<b>09:45:00</b> 45 min <b>PILATES</b> CAROLINE ROOD	<b>09:00:00</b> 30 min <b>BODYSULPT</b> JONATHAN FRECHET	<b>09:15:00</b> 60 min <b>LES MILLS RPM</b> EMILIE SUAREZ	<b>09:45:00</b> 45 min <b>PILATES</b> MANDY GOMEZ
<b>13:15:00</b> 75 min <b>YOGA VINYASA</b> MANDY GOMEZ	<b>11:00:00</b> 60 min <b>STRETCHING</b> MATTHIEU POUSTIS	<b>10:30:00</b> 75 min <b>YOGA HATHA</b> MANDY GOMEZ	<b>10:30:00</b> 45 min <b>STRETCHING</b> CAROLINE ROOD	<b>09:30:00</b> 45 min <b>LES MILLS BODYBALANCE</b> JONATHAN FRECHET	<b>09:15:00</b> 45 min <b>CUISSES ABDOS FESSIERS</b> JONATHAN FRECHET	<b>10:00:00</b> 30 min <b>ORIENTATION</b>
<b>14:30:00</b> 45 min <b>PILATES</b> MANDY GOMEZ		<b>11:30:00</b> 30 min <b>ORIENTATION</b> JONATHAN FRECHET	<b>12:30:00</b> 60 min <b>ZUMBA</b> ARISTOTE NZEMBA	<b>10:15:00</b> 60 min <b>YOGA VINYASA</b> FANNY SIMON	<b>10:15:00</b> 45 min <b>LES MILLS BODYPUMP</b> EMILIE SUAREZ	<b>10:30:00</b> 45 min <b>STRETCHING</b> JONATHAN FRECHET
<b>15:15:00</b> 45 min <b>STRETCHING</b> MANDY GOMEZ		<b>12:30:00</b> 60 min <b>LES MILLS RPM</b> RAPHAEL EL ZEIN	<b>17:15:00</b> 45 min <b>STEP 2</b> JEREMY GRAGLIA	<b>10:30:00</b> 30 min <b>ORIENTATION</b> JONATHAN FRECHET	<b>11:00:00</b> 45 min <b>LES MILLS BODYBALANCE</b> EMILIE SUAREZ	<b>12:30:00</b> 45 min <b>CROSS TRAINING</b> JONATHAN FRECHET
		<b>12:30:00</b> 30 min <b>LES MILLS BODYATTACK</b> JONATHAN FRECHET	<b>18:00:00</b> 60 min <b>LES MILLS BODYPUMP</b> JEREMY GRAGLIA	<b>12:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> JONATHAN FRECHET	<b>12:15:00</b> 30 min <b>ORIENTATION</b> JONATHAN FRECHET	<b>17:30:00</b> 45 min <b>LES MILLS BODYPUMP</b> JONATHAN FRECHET

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		<b>13:00:00</b> 30 min  <b>LES MILLS</b> <b>CXWORX</b>  JONATHAN FRECHET	<b>18:30:00</b> 30 min  <b>ORIENTATION</b>	<b>17:15:00</b> 60 min  <b>LES MILLS</b> <b>BODYPUMP</b>  JONATHAN FRECHET	<b>12:30:00</b> 30 min  <b>LES MILLS</b> <b>RPM</b>  JONATHAN FRECHET	<b>18:15:00</b> 60 min  <b>LES MILLS</b> <b>RPM</b>  JONATHAN FRECHET
		<b>14:30:00</b> 45 min  <b>PILATES</b>  CAMILLE LADAS	<b>19:00:00</b> 60 min  <b>LES MILLS</b> <b>BODYCOMBAT</b>  JEREMY GRAGLIA	<b>18:15:00</b> 60 min  <b>STEP 3</b>  JEROME DURAND	<b>13:00:00</b> 30 min  <b>ABDOS</b> <b>FESSIERS</b>  JONATHAN FRECHET	<b>18:15:00</b> 45 min  <b>L.I.A</b>  JEREMY GRAGLIA
		<b>15:15:00</b> 45 min  <b>STRETCHING</b>  CAMILLE LADAS	<b>19:00:00</b> 60 min  <b>LES MILLS</b> <b>RPM</b>  RAPHAEL EL ZEIN	<b>18:30:00</b> 60 min  <b>LES MILLS</b> <b>RPM</b>  JONATHAN FRECHET	<b>14:30:00</b> 45 min  <b>PILATES</b>  CAMILLE LADAS	<b>19:00:00</b> 60 min  <b>LES MILLS</b> <b>BODYJAM</b>  JEREMY GRAGLIA
		<b>18:00:00</b> 60 min  <b>BODYSULPT</b>  JONATHAN FRECHET	<b>20:00:00</b> 60 min  <b>LES MILLS</b> <b>BODYBALANCE</b>  RAPHAEL EL ZEIN	<b>19:15:00</b> 30 min  <b>ABDOS</b> <b>FESSIERS</b>  JEROME DURAND	<b>15:15:00</b> 45 min  <b>STRETCHING</b>  CAMILLE LADAS	<b>19:30:00</b> 30 min  <b>ORIENTATION</b>  JONATHAN FRECHET
		<b>19:00:00</b> 60 min  <b>LES MILLS</b> <b>RPM</b>  JONATHAN FRECHET		<b>19:30:00</b> 30 min  <b>ORIENTATION</b>	<b>17:30:00</b> 60 min  <b>LES MILLS</b> <b>BODYBALANCE</b>  RAPHAEL EL ZEIN	<b>20:00:00</b> 45 min  <b>STRETCHING</b>  JEREMY GRAGLIA
		<b>19:00:00</b> 60 min  <b>LES MILLS</b> <b>BODYATTACK</b>  RAPHAEL EL ZEIN		<b>19:45:00</b> 60 min  <b>LES MILLS</b> <b>BODYJAM</b>  JEROME DURAND	<b>18:30:00</b> 30 min  <b>LES MILLS</b> <b>CXWORX</b>  RAPHAEL EL ZEIN	

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		<b>19:15:00</b> 30 min <b>ORIENTATION</b>			<b>19:00:00</b> 30 min <b>ORIENTATION</b>	
		<b>20:00:00</b> 30 min LESMILLS <b>CXWORX</b> RAPHAEL EL ZEIN			<b>19:00:00</b> 60 min LESMILLS <b>BODYCOMBAT</b> RAPHAEL EL ZEIN	
		<b>20:30:00</b> 30 min LESMILLS <b>BODYBALANCE</b> RAPHAEL EL ZEIN			<b>20:00:00</b> 30 min <b>STRETCHING</b> RAPHAEL EL ZEIN	

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