

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>LESMILLS BODYPUMP</b> CHRISTELLE ES SLIMANI	<b>08:45:00</b> 45 min <b>CUISSES ABDOS FESSIERS</b> CINDY BOURDEAU	<b>08:45:00</b> 75 min <b>YOGA VINYASA</b> CHRISTELLE ES SLIMANI	<b>09:30:00</b> 60 min <b>PILATES</b> ANNA MAIRE	<b>08:30:00</b> 60 min <b>YOGA HATHA</b> MARTINE DULBECCO	<b>08:30:00</b> 60 min <b>YOGA VINYASA</b> JOEL GAZIELLO	<b>09:30:00</b> 45 min <b>LESMILLS BODYATTACK</b> JOEL GAZIELLO
<b>10:15:00</b> 30 min <b>LESMILLS CXWORX</b> CHRISTELLE ES SLIMANI	<b>09:30:00</b> 60 min <b>PILATES</b> CHRISTELLE ES SLIMANI	<b>10:00:00</b> 30 min <b>LESMILLS CXWORX</b> CHRISTELLE ES SLIMANI	<b>10:30:00</b> 60 min <b>LESMILLS BODYPUMP</b> ANNA MAIRE	<b>09:30:00</b> 30 min <b>LESMILLS CXWORX</b> CHRISTELLE ES SLIMANI	<b>09:30:00</b> 45 min <b>DOS ABDOS</b> JOEL GAZIELLO	<b>10:15:00</b> 60 min  <b>ZUMBA</b> ARISTOTE NZEMBA
<b>10:45:00</b> 60 min <b>LESMILLS BODYBALANCE</b> CHRISTELLE ES SLIMANI	<b>09:30:00</b> 60 min <b>LESMILLS RPM</b> CINDY BOURDEAU	<b>10:30:00</b> 60 min <b>LESMILLS BODYPUMP</b> CHRISTELLE ES SLIMANI	<b>11:30:00</b> 60 min <b>LESMILLS BODYJAM</b> ANNA MAIRE	<b>10:00:00</b> 45 min <b>STRETCHING</b> CHRISTELLE ES SLIMANI	<b>10:15:00</b> 60 min <b>LESMILLS BODYPUMP</b> JOEL GAZIELLO	<b>11:15:00</b> 60 min <b>YOGA VINYASA</b> JOEL GAZIELLO
<b>12:15:00</b> 60 min <b>LESMILLS BODYJAM</b> CHRISTELLE ES SLIMANI	<b>10:30:00</b> 60 min <b>L.I.A</b> CINDY BOURDEAU	<b>10:30:00</b> 60 min <b>ORIENTATION</b> CHRISTELLE ES SLIMANI	<b>17:00:00</b> 60 min <b>LESMILLS BODYPUMP</b> ANNA-LENA BARACANI	<b>10:45:00</b> 60 min <b>BODYSULPT</b> CINDY BOURDEAU	<b>12:15:00</b> 30 min <b>LESMILLS BODYPUMP</b> CHRISTELLE ES SLIMANI	<b>12:15:00</b> 60 min <b>SPINNING</b> CHRISTELLE ES SLIMANI
<b>12:30:00</b> 45 min <b>SPINNING</b> CINDY BOURDEAU	<b>12:15:00</b> 45 min <b>LESMILLS BODYATTACK</b> CINDY BOURDEAU	<b>10:30:00</b> 45 min <b>FIITEAM BOXE</b> CHRISTELLE ES SLIMANI	<b>18:00:00</b> 60 min <b>LESMILLS RPM</b> ANNA-LENA BARACANI	<b>11:00:00</b> 60 min <b>ORIENTATION</b> CHRISTELLE ES SLIMANI	<b>12:30:00</b> 60 min <b>LESMILLS RPM</b> JOEL GAZIELLO	<b>13:15:00</b> 30 min <b>STRETCHING</b> JOEL GAZIELLO
<b>13:15:00</b> 45 min <b>CUISSES ABDOS FESSIERS</b> CINDY BOURDEAU	<b>13:00:00</b> 45 min <b>LESMILLS RPM</b> CINDY BOURDEAU	<b>11:30:00</b> 60 min <b>LESMILLS BODYCOMBAT</b> CHRISTELLE ES SLIMANI		<b>12:15:00</b> 45 min  <b>ZUMBA</b> ARISTOTE NZEMBA	<b>12:45:00</b> 30 min <b>LESMILLS CXWORX</b> CHRISTELLE ES SLIMANI	<b>16:45:00</b> 45 min <b>STEP 1</b> CHRISTELLE ES SLIMANI

JEUDI 27/06	VENDREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
<b>16:30:00</b> 60 min  <b>PILATES</b>  CINDY BOURDEAU	<b>13:00:00</b> 45 min  <b>LES MILLS BODYPUMP</b>  CHRISTELLE ES SLIMANI	<b>11:30:00</b> 60 min  <b>LES MILLS RPM</b>		<b>12:15:00</b> 45 min  <b>SPINNING</b>  CINDY BOURDEAU	<b>16:30:00</b> 60 min  <b>CUISSES ABDOS FESSIERS</b>  CINDY BOURDEAU	<b>17:30:00</b> 60 min  <b>CROSS TRAINING</b>  JOEL GAZIELLO
<b>17:30:00</b> 45 min  <b>STEP 2</b>  CINDY BOURDEAU	<b>17:00:00</b> 75 min  <b>YOGA VINYASA</b>  CHRISTELLE ES SLIMANI	<b>12:30:00</b> 60 min  <b>LES MILLS BODYBALANCE</b>  CHRISTELLE ES SLIMANI		<b>12:30:00</b> 45 min  <b>FIITEAM BOXE</b>  CHRISTELLE ES SLIMANI	<b>17:30:00</b> 60 min  <b>LES MILLS BODYBALANCE</b>  CHRISTELLE ES SLIMANI	<b>18:30:00</b> 60 min  <b>LES MILLS BODYPUMP</b>  JOEL GAZIELLO
<b>18:15:00</b> 30 min  <b>LES MILLS CXWORX</b>	<b>18:15:00</b> 45 min  <b>FIITEAM FORCE</b> COURS ANNULE	<b>17:00:00</b> 60 min   ARISTOTE NZEMBA		<b>13:00:00</b> 45 min  <b>CUISSES ABDOS FESSIERS</b>  ARISTOTE NZEMBA	<b>18:30:00</b> 60 min  <b>LES MILLS BODYCOMBAT</b>  CHRISTELLE ES SLIMANI	<b>19:30:00</b> 60 min  <b>LES MILLS RPM</b>
<b>18:45:00</b> 45 min  <b>SPINNING</b>	<b>18:15:00</b> 60 min  <b>LES MILLS BODYATTACK</b>  SONIA TAJOURI	<b>18:00:00</b> 60 min  <b>CUISSES ABDOS FESSIERS</b>  ARISTOTE NZEMBA		<b>16:45:00</b> 45 min  <b>LES MILLS BODYPUMP</b>  MAUD LAMBERT	<b>18:30:00</b> 60 min  <b>SPINNING</b>  FABIEN LESCH	<b>19:45:00</b> 75 min  <b>YOGA VINYASA</b>  JOEL GAZIELLO
<b>18:45:00</b> 45 min  <b>LES MILLS BODYCOMBAT</b>  CINDY BOURDEAU	<b>19:15:00</b> 60 min  <b>SPINNING</b>	<b>19:00:00</b> 30 min  <b>STRETCHING</b>  ARISTOTE NZEMBA		<b>17:30:00</b> 30 min  <b>LES MILLS CXWORX</b>  MAUD LAMBERT	<b>18:30:00</b> 60 min  <b>ORIENTATION</b>  CINDY BOURDEAU	
<b>19:30:00</b> 60 min  <b>LES MILLS BODYPUMP</b>  CINDY BOURDEAU	<b>19:15:00</b> 60 min  <b>PILATES</b>  SONIA TAJOURI			<b>18:00:00</b> 45 min  <b>LES MILLS BODYATTACK</b>  MAUD LAMBERT	<b>19:30:00</b> 60 min  <b>LES MILLS BODYJAM</b>  FABIEN LESCH	

JEUDI 27/06	VENDREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
				<p><b>18:45:00</b> 60 min</p> <p><b>LES MILLS</b> <b>BODYJAM</b></p> <p>BELKACEM LAOUDI</p>	<p><b>19:35:00</b> 45 min</p> <p><b>FIITEAM</b> <b>BOXE</b></p> <p>CHRISTELLE ES SLIMANI</p>	
				<p><b>18:45:00</b> 60 min</p> <p><b>LES MILLS</b> <b>RPM</b></p> <p>CINDY BOURDEAU</p>		
				<p><b>19:45:00</b> 60 min</p> <p><b>STEP 2</b></p> <p>BELKACEM LAOUDI</p>		

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

TEL : 04 22 78 00 11

Voie Marie Fischer, Centre Commercial Olympie - 06600