

DIMANCHE 16/08	LUNDI 17/08	MARDI 18/08	MERCREDI 19/08	JEUDI 20/08	VENDREDI 21/08	SAMEDI 22/08
09:30:00 60 min PILATES LAETITIA BUZY	07:15:00 45 min SPINNING LOUKA ESPOSITO	09:30:00 45 min DOS ABDOS JOEL GAZIELLO	09:30:00 45 min LESMILLS BODYATTACK LOUKA ESPOSITO	09:15:00 60 min LESMILLS BODYPUMP JOEL GAZIELLO	07:15:00 45 min CROSS TRAINING CINDY BOURDEAU	08:45:00 75 min YOGA VINYASA JOEL GAZIELLO
10:30:00 60 min LESMILLS BODYPUMP LAETITIA BUZY	08:30:00 60 min YOGA HATHA MARTINE DULBECCO	10:15:00 60 min LESMILLS BODYPUMP JOEL GAZIELLO	10:15:00 60 min  ZUMBA FIT ARISTOTE NZEMBA	10:15:00 30 min LESMILLS CXWORX JOEL GAZIELLO	09:30:00 60 min PILATES CINDY BOURDEAU	10:00:00 30 min LESMILLS CXWORX JOEL GAZIELLO
11:30:00 60 min LESMILLS BODYJAM LAETITIA BUZY	09:30:00 30 min LESMILLS CXWORX LOUKA ESPOSITO	12:15:00 60 min LESMILLS RPM JOEL GAZIELLO	11:15:00 60 min YOGA VINYASA JOEL GAZIELLO	10:45:00 45 min LESMILLS BODYBALANCE JOEL GAZIELLO	10:30:00 60 min YOGA HATHA MARTINE DULBECCO	10:30:00 60 min LESMILLS BODYPUMP LOUKA ESPOSITO
17:00:00 60 min LESMILLS BODYPUMP LAETITIA BUZY	10:00:00 45 min STRETCHING LOUKA ESPOSITO	12:15:00 30 min LESMILLS BODYPUMP LOUKA ESPOSITO	12:15:00 45 min LESMILLS BODYCOMBAT CINDY BOURDEAU	12:15:00 60 min YOGA VINYASA JOEL GAZIELLO	10:30:00 60 min LESMILLS RPM CINDY BOURDEAU	11:30:00 60 min LESMILLS BODYATTACK LOUKA ESPOSITO
18:00:00 60 min LESMILLS RPM LAETITIA BUZY	10:45:00 60 min BODYSULPT LOUKA ESPOSITO	12:45:00 30 min LESMILLS CXWORX LOUKA ESPOSITO	12:15:00 45 min SPINNING LOUKA ESPOSITO	12:15:00 60 min SPINNING LOUKA ESPOSITO	12:15:00 45 min LESMILLS BODYATTACK CINDY BOURDEAU	11:30:00 60 min LESMILLS RPM JOEL GAZIELLO
	12:15:00 60 min SPINNING CINDY BOURDEAU	13:15:00 30 min STRETCHING LOUKA ESPOSITO	13:00:00 45 min STRETCHING LOUKA ESPOSITO	17:30:00 45 min CUISSES ABDOS FESSIERS LOUKA ESPOSITO	13:00:00 45 min LESMILLS BODYPUMP CINDY BOURDEAU	17:00:00 60 min  ZUMBA FIT ARISTOTE NZEMBA

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	12:15:00 45 min  ARISTOTE NZEMBA	16:45:00 45 min STRETCHING LOUKA ESPOSITO	16:30:00 60 min CUISSES ABDOS FESSIERS LOUKA ESPOSITO	18:15:00 30 min LESMILLS CXWORX LOUKA ESPOSITO	17:00:00 75 min YOGA VINYASA JOEL GAZIELLO	18:00:00 60 min CUISSES ABDOS FESSIERS ARISTOTE NZEMBA
	13:00:00 45 min CUISSES ABDOS FESSIERS ARISTOTE NZEMBA	17:30:00 60 min CROSS TRAINING LOUKA ESPOSITO	17:30:00 60 min LESMILLS BODYBALANCE JOEL GAZIELLO	18:45:00 60 min LESMILLS BODYCOMBAT CINDY BOURDEAU	18:15:00 60 min CROSS TRAINING JOEL GAZIELLO	19:00:00 30 min STRETCHING ARISTOTE NZEMBA
	16:45:00 45 min LESMILLS BODYPUMP MAUD LAMBERT	18:30:00 60 min LESMILLS BODYCOMBAT CINDY BOURDEAU	18:30:00 60 min LESMILLS BODYPUMP CINDY BOURDEAU	18:45:00 60 min LESMILLS RPM LOUKA ESPOSITO	19:15:00 60 min SPINNING JOEL GAZIELLO	
	17:30:00 30 min LESMILLS CXWORX MAUD LAMBERT	18:30:00 60 min SPINNING FABIEN LESCH	19:30:00 60 min LESMILLS RPM CINDY BOURDEAU	19:45:00 60 min LESMILLS BODYPUMP LOUKA ESPOSITO		
	18:00:00 45 min LESMILLS BODYATTACK MAUD LAMBERT	19:30:00 60 min LESMILLS BODYJAM FABIEN LESCH	19:45:00 75 min YOGA VINYASA JOEL GAZIELLO			
	18:45:00 60 min LESMILLS BODYJAM BELKACEM LAUDI					

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	<p>18:45:00 60 min</p> <p>SPINNING</p> <p>CINDY BOURDEAU</p>					
	<p>19:45:00 60 min</p> <p>STEP 2</p> <p>BELKACEM LAUDI</p>					

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

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