

| MERCREDI<br>22/05   | JEUDI<br>23/05  | VENDREDI<br>24/05  | SAMEDI<br>25/05   | DIMANCHE<br>26/05  | LUNDI<br>27/05  | MARDI<br>28/05  |
|---|---|--|---|--|---|---|
| <b>08:15:00</b><br>60 min<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>PREDEN FORTEMPS     | <b>09:00:00</b><br>30 min<br><b>NRJ SCULPT</b><br>KENNY MAERTEN                   | <b>09:00:00</b><br>30 min<br><b>LES MILLS</b><br><b>CXWORX</b><br>PREDEN FORTEMPS  | <b>09:00:00</b><br>60 min<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>KENNY MAERTEN   | <b>10:00:00</b><br>60 min<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>MATTHIEU POUSTIS | <b>08:30:00</b><br>60 min<br><b>CUISSES ABDOS</b><br><b>FESSIERS</b><br>HELENA PRIPP    | <b>08:45:00</b><br>30 min<br><b>LES MILLS</b><br><b>CXWORX</b><br>KENNY MAERTEN   |
| <b>09:15:00</b><br>60 min<br><b>CUISSES ABDOS</b><br><b>FESSIERS</b><br>PREDEN FORTEMPS | <b>09:30:00</b><br>30 min<br><b>DOS ABDOS</b><br>KENNY MAERTEN                    | <b>09:30:00</b><br>45 min<br><b>LES MILLS</b><br><b>BODYBALANCE</b><br>EMILIE SUAREZ   | <b>10:00:00</b><br>60 min<br><b>LES MILLS</b><br><b>RPM</b><br>KENNY MAERTEN        | <b>11:15:00</b><br>60 min<br><b>SPINNING</b><br>MATTHIEU POUSTIS                     | <b>09:30:00</b><br>60 min<br><b>BODYSCULPT</b><br>HELENA PRIPP                          | <b>09:00:00</b><br>30 min<br><b>ORIENTATION</b><br>EMILIE SUAREZ                  |
| <b>09:15:00</b><br>60 min<br><b>LES MILLS</b><br><b>RPM</b><br>EMILIE SUAREZ            | <b>10:00:00</b><br>45 min<br><b>STRETCHING</b><br>KENNY MAERTEN                   | <b>10:00:00</b><br>30 min<br><b>ORIENTATION</b><br>PREDEN FORTEMPS   | <b>11:00:00</b><br>60 min<br><b>LES MILLS</b><br><b>BODYATTACK</b><br>KENNY MAERTEN | <b>12:15:00</b><br>30 min<br><b>LES MILLS</b><br><b>CXWORX</b><br>MATTHIEU POUSTIS   | <b>09:30:00</b><br>60 min<br><b>LES MILLS</b><br><b>RPM</b><br>PREDEN FORTEMPS          | <b>09:15:00</b><br>60 min<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>KENNY MAERTEN |
| <b>10:15:00</b><br>60 min<br><b>LES MILLS</b><br><b>BODYBALANCE</b><br>EMILIE SUAREZ    | <b>12:00:00</b><br>30 min<br><b>LES MILLS</b><br><b>CXWORX</b><br>PREDEN FORTEMPS | <b>10:15:00</b><br>60 min<br><br><b>ZUMBA</b><br>FETHI GRABSI | <b>12:00:00</b><br>30 min<br><b>LES MILLS</b><br><b>CXWORX</b><br>KENNY MAERTEN     |  | <b>10:30:00</b><br>45 min<br><b>STRETCHING</b><br>PREDEN FORTEMPS                       | <b>10:15:00</b><br>30 min<br><b>LES MILLS</b><br><b>RPM</b><br>EMILIE SUAREZ      |
| <b>10:15:00</b><br>30 min<br><b>FIITEAM</b><br>PREDEN FORTEMPS                          | <b>12:30:00</b><br>60 min<br><b>CROSS TRAINING</b><br>KENNY MAERTEN               | <b>10:15:00</b><br>60 min<br><b>LES MILLS</b><br><b>RPM</b><br>PREDEN FORTEMPS   |   |  | <b>12:00:00</b><br>30 min<br><b>LES MILLS</b><br><b>CXWORX</b><br>PREDEN FORTEMPS       | <b>10:30:00</b><br>30 min<br><b>FIITEAM</b><br>KENNY MAERTEN                      |
| <b>12:30:00</b><br>60 min<br><b>LES MILLS</b><br><b>BODYPUMP</b><br>EMILIE SUAREZ       | <b>12:30:00</b><br>30 min<br><b>LES MILLS</b><br><b>RPM</b><br>PREDEN FORTEMPS    | <b>12:00:00</b><br>30 min<br><b>ORIENTATION</b><br>EMILIE SUAREZ   |   |  | <b>12:30:00</b><br>60 min<br><b>CUISSES ABDOS</b><br><b>FESSIERS</b><br>PREDEN FORTEMPS | <b>10:45:00</b><br>30 min<br><b>LES MILLS</b><br><b>sprint</b><br>EMILIE SUAREZ   |

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|--|---|--|-----------------|-------------------|---|--|
| <b>12:30:00</b><br>60 min<br><b>LES MILLS RPM</b><br>PREDEN FORTEMPS         | <b>13:00:00</b><br>30 min<br><b>LES MILLS sprint</b><br>PREDEN FORTEMPS   | <b>12:30:00</b><br>45 min<br><b>LES MILLS BODYPUMP</b><br>PREDEN FORTEMPS  |                 |                   | <b>12:30:00</b><br>30 min<br><b>LES MILLS RPM</b><br>EMILIE SUAREZ      | <b>12:30:00</b><br>45 min<br><b>LES MILLS BODYCOMBAT</b><br>EMILIE SUAREZ    |
| <b>14:00:00</b><br>120 min<br><b>KID'S ACADEMY 8-12 ANS</b><br>SONIA TAJOURI | <b>13:30:00</b><br>30 min<br><b>FIITEAM</b><br>KENNY MAERTEN              | <b>12:30:00</b><br>30 min<br><b>FIITEAM</b><br>EMILIE SUAREZ               |                 |                   | <b>13:00:00</b><br>30 min<br><b>LES MILLS sprint</b><br>EMILIE SUAREZ   | <b>12:30:00</b><br>60 min<br><b>LES MILLS RPM</b><br>KENNY MAERTEN           |
| <b>17:00:00</b><br>30 min<br><b>LES MILLS CXWORX</b><br>KENNY MAERTEN        | <b>17:30:00</b><br>60 min<br><b>LES MILLS BODYJAM</b><br>PREDEN FORTEMPS  | <b>16:30:00</b><br>60 min<br><b>LES MILLS BODYPUMP</b><br>PREDEN FORTEMPS  |                 |                   | <b>14:30:00</b><br>120 min<br><b>YOGA</b><br>FRANCOISE RINFRAY          | <b>17:30:00</b><br>60 min<br><b>LES MILLS BODYBALANCE</b><br>LAETITIA DURAND |
| <b>17:30:00</b><br>60 min<br><b>LES MILLS BODYPUMP</b><br>KENNY MAERTEN      | <b>18:30:00</b><br>60 min<br><b>LES MILLS BODYATTACK</b><br>EMILIE SUAREZ | <b>17:30:00</b><br>60 min<br><b>CUISSES ABDOS FESSIERS</b><br>JOEL JOUANNY |                 |                   | <b>17:30:00</b><br>60 min<br><b>CROSS TRAINING</b><br>KENNY MAERTEN     | <b>18:30:00</b><br>60 min<br><b>STEP 2</b><br>LAETITIA DURAND                |
| <b>18:30:00</b><br>60 min<br><b>LES MILLS BODYCOMBAT</b><br>EMILIE SUAREZ    | <b>19:30:00</b><br>60 min<br><b>ZUMBA</b><br>FETHI GRABSI                 | <b>18:00:00</b><br>30 min<br><b>LES MILLS sprint</b><br>PREDEN FORTEMPS    |                 |                   | <b>18:30:00</b><br>60 min<br><b>LES MILLS BODYPUMP</b><br>EMILIE SUAREZ | <b>18:30:00</b><br>30 min<br><b>LES MILLS RPM</b><br>PREDEN FORTEMPS         |
| <b>18:30:00</b><br>60 min<br><b>LES MILLS RPM</b><br>KENNY MAERTEN           | <b>19:30:00</b><br>60 min<br><b>LES MILLS RPM</b><br>EMILIE SUAREZ        | <b>18:30:00</b><br>60 min<br><b>BODYSULPT</b><br>JOEL JOUANNY              |                 |                   | <b>19:00:00</b><br>30 min<br><b>LES MILLS sprint</b><br>KENNY MAERTEN   | <b>19:00:00</b><br>30 min<br><b>LES MILLS sprint</b><br>PREDEN FORTEMPS      |

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|--|--|--|-----------------|-------------------|---|---|
| <b>19:30:00</b><br>60 min<br><b>LES MILLS</b><br><b>BODYBALANCE</b><br>EMILIE SUAREZ | <b>19:30:00</b><br>30 min<br><b>ORIENTATION</b><br>PREDEN FORTEMPS | <b>18:30:00</b><br>60 min<br><b>LES MILLS</b><br><b>RPM</b><br>PREDEN FORTEMPS |                 |                   | <b>19:30:00</b><br>30 min<br><b>ORIENTATION</b>                                     | <b>19:45:00</b><br>45 min<br><b>CROSS</b><br><b>TRAINING</b><br>PREDEN FORTEMPS |
| <b>19:45:00</b><br>30 min<br><b>ORIENTATION</b><br>KENNY MAERTEN                     |  | <b>19:30:00</b><br>60 min<br><b>STRETCHING</b><br>JOEL JOUANNY                 |                 |                   | <b>19:30:00</b><br>60 min<br><b>LES MILLS</b><br><b>BODYATTACK</b><br>EMILIE SUAREZ |   |
| <b>20:00:00</b><br>30 min<br><b>FIITEAM</b><br>KENNY MAERTEN                         |  |  |                 |                   | <b>19:30:00</b><br>60 min<br><b>LES MILLS</b><br><b>RPM</b><br>KENNY MAERTEN        |   |
|  |  |  |                 |                   | <b>20:30:00</b><br>30 min<br><b>LES MILLS</b><br><b>CXWORX</b><br>KENNY MAERTEN     |   |

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