

JEUDI 27/06	VENDREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
<b>09:00:00</b> 30 min <b>NRJ SCULPT</b> KENNY MAERTEN	<b>09:00:00</b> 30 min LES MILLS <b>CXWORX</b> PREDEN FORTEMPS	<b>09:00:00</b> 60 min LES MILLS <b>BODYPUMP</b> KENNY MAERTEN	<b>10:00:00</b> 60 min LES MILLS <b>BODYPUMP</b> MATTHIEU POUSTIS	<b>08:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> JOEL JOUANNY	<b>08:45:00</b> 30 min LES MILLS <b>CXWORX</b> KENNY MAERTEN	<b>08:15:00</b> 60 min LES MILLS <b>BODYPUMP</b> PREDEN FORTEMPS
<b>09:30:00</b> 30 min <b>DOS ABDOS</b> KENNY MAERTEN	<b>09:30:00</b> 45 min LES MILLS <b>BODYBALANCE</b> EMILIE SUAREZ	<b>10:00:00</b> 60 min <b>LES MILLS RPM</b> KENNY MAERTEN	<b>11:15:00</b> 60 min <b>SPINNING</b> MATTHIEU POUSTIS	<b>09:30:00</b> 60 min <b>BODYSULPT</b> JOEL JOUANNY	<b>09:00:00</b> 30 min <b>ORIENTATION</b> EMILIE SUAREZ	<b>08:30:00</b> 30 min <b>FIITEAM CARDIO</b> EMILIE SUAREZ
<b>10:00:00</b> 45 min <b>STRETCHING</b> KENNY MAERTEN	<b>10:00:00</b> 30 min <b>ORIENTATION</b> PREDEN FORTEMPS	<b>11:00:00</b> 60 min LES MILLS <b>BODYATTACK</b> KENNY MAERTEN	<b>12:15:00</b> 30 min LES MILLS <b>CXWORX</b> MATTHIEU POUSTIS	<b>09:30:00</b> 60 min <b>LES MILLS RPM</b> MATTHIEU POUSTIS	<b>09:15:00</b> 60 min LES MILLS <b>BODYPUMP</b> KENNY MAERTEN	<b>09:15:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> PREDEN FORTEMPS
<b>12:00:00</b> 30 min LES MILLS <b>CXWORX</b> PREDEN FORTEMPS	<b>10:15:00</b> 60 min <b>ZUMBA</b> FETHI GRABSI	<b>12:00:00</b> 30 min LES MILLS <b>CXWORX</b> KENNY MAERTEN		<b>10:30:00</b> 45 min <b>STRETCHING</b> MATTHIEU POUSTIS	<b>10:15:00</b> 60 min <b>LES MILLS RPM</b> EMILIE SUAREZ	<b>09:15:00</b> 60 min <b>LES MILLS RPM</b> EMILIE SUAREZ
<b>12:30:00</b> 60 min <b>CROSS TRAINING</b> KENNY MAERTEN	<b>10:15:00</b> 60 min <b>LES MILLS RPM</b> PREDEN FORTEMPS			<b>12:00:00</b> 30 min LES MILLS <b>CXWORX</b> MATTHIEU POUSTIS	<b>10:15:00</b> 30 min <b>FIITEAM</b> KENNY MAERTEN	<b>10:15:00</b> 60 min LES MILLS <b>BODYBALANCE</b> EMILIE SUAREZ
<b>12:30:00</b> 30 min <b>LES MILLS RPM</b> PREDEN FORTEMPS	<b>12:00:00</b> 30 min <b>ORIENTATION</b> EMILIE SUAREZ			<b>12:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> MATTHIEU POUSTIS	<b>12:30:00</b> 45 min LES MILLS <b>BODYCOMBAT</b> EMILIE SUAREZ	<b>12:30:00</b> 60 min LES MILLS <b>BODYPUMP</b> EMILIE SUAREZ

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<b>13:00:00</b> 30 min <b>LES MILLS</b> <b>sprint</b> PREDEN FORTEMPS	<b>12:30:00</b> 45 min <b>LES MILLS</b> <b>BODYPUMP</b> PREDEN FORTEMPS			<b>12:30:00</b> 30 min <b>LES MILLS</b> <b>RPM</b> EMILIE SUAREZ	<b>12:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> KENNY MAERTEN	<b>17:00:00</b> 30 min <b>LES MILLS</b> <b>CXWORX</b> KENNY MAERTEN
<b>13:30:00</b> 30 min <b>FIITEAM</b> COURS ANNULE	<b>16:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> PREDEN FORTEMPS			<b>13:00:00</b> 30 min <b>LES MILLS</b> <b>sprint</b> EMILIE SUAREZ	<b>17:30:00</b> 60 min <b>LES MILLS</b> <b>BODYBALANCE</b> LAETITIA DURAND	<b>17:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> KENNY MAERTEN
<b>17:30:00</b> 60 min <b>LES MILLS</b> <b>BODYJAM</b> PREDEN FORTEMPS	<b>17:30:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> JOEL JOUANNY			<b>14:30:00</b> 120 min <b>YOGA</b> FRANCOISE RINFRAY	<b>18:30:00</b> 60 min <b>STEP 2</b> LAETITIA DURAND	<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>BODYCOMBAT</b> EMILIE SUAREZ
<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>BODYATTACK</b> EMILIE SUAREZ	<b>18:00:00</b> 30 min <b>LES MILLS</b> <b>sprint</b> PREDEN FORTEMPS			<b>17:30:00</b> 60 min <b>CROSS</b> <b>TRAINING</b> KENNY MAERTEN	<b>18:30:00</b> 30 min <b>LES MILLS</b> <b>RPM</b> EMILIE SUAREZ	<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> KENNY MAERTEN
<b>19:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> EMILIE SUAREZ	<b>18:30:00</b> 60 min <b>BODYSULPT</b> JOEL JOUANNY			<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> EMILIE SUAREZ	<b>19:00:00</b> 30 min <b>LES MILLS</b> <b>sprint</b> EMILIE SUAREZ	<b>19:30:00</b> 60 min <b>LES MILLS</b> <b>BODYBALANCE</b> EMILIE SUAREZ
<b>19:30:00</b> 30 min <b>ORIENTATION</b> PREDEN FORTEMPS	<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> PREDEN FORTEMPS			<b>19:00:00</b> 30 min <b>LES MILLS</b> <b>sprint</b> KENNY MAERTEN	<b>19:30:00</b> 45 min <b>STRETCHING</b> EMILIE SUAREZ	<b>19:45:00</b> 30 min <b>ORIENTATION</b> KENNY MAERTEN

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<p><b>19:30:00</b> 60 min</p>  <p>FETHI GRABSI</p>	<p><b>19:30:00</b> 60 min</p> <p><b>STRETCHING</b></p> <p>JOEL JOUANNY</p>			<p><b>19:30:00</b> 60 min</p> <p>LES MILLS <b>BODYATTACK</b></p> <p>EMILIE SUAREZ</p>		<p><b>20:15:00</b> 30 min</p> <p><b>FIITEAM</b></p> <p>KENNY MAERTEN</p>
				<p><b>19:30:00</b> 60 min</p> <p>LES MILLS <b>RPM</b></p> <p>KENNY MAERTEN</p>		

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