

MERCREDI 22/05	JEUDI 23/05	VENDREDI 24/05	SAMEDI 25/05	DIMANCHE 26/05	LUNDI 27/05	MARDI 28/05
<b>08:15:00</b> 60 min <b>CROSS TRAINING</b> EMILIE FABBIANI	<b>09:15:00</b> 60 min <b>CXWORX BODYSCULPT</b>	<b>08:30:00</b> 45 min <b>DOS ABDOS</b> ELODIE BOURGEOIS	<b>08:45:00</b> 30 min LES MILLS <b>CXWORX</b> LOUKA ESPOSITO	<b>10:00:00</b> 60 min <b>PILATES</b> SOPHIE MEUNIER	<b>08:30:00</b> 45 min LES MILLS <b>BODYBALANCE</b>	<b>09:15:00</b> 60 min LES MILLS <b>BODYPUMP</b> CELINE DAUFRESNE
<b>09:15:00</b> 60 min <b>ABDOS FESSIERS</b> LAETITIA DURAND	<b>10:15:00</b> 60 min LES MILLS <b>BODYPUMP</b> LOUKA ESPOSITO	<b>08:30:00</b> 30 min <b>FIITEAM</b> EMILIE FABBIANI	<b>09:15:00</b> 60 min LES MILLS <b>BODYPUMP</b> LOUKA ESPOSITO	<b>11:00:00</b> 60 min <b>STEP 1-2</b> SOPHIE MEUNIER	<b>09:15:00</b> 60 min <b>BODYSCULPT</b>	<b>10:15:00</b> 60 min <b>BODYSCULPT</b> CELINE DAUFRESNE
<b>09:30:00</b> 60 min <b>LES MILLS RPM</b> EMILIE FABBIANI	<b>11:15:00</b> 60 min <b>ABDOS STRETCHING</b> LOUKA ESPOSITO	<b>09:00:00</b> 60 min <b>ORIENTATION</b> EMILIE FABBIANI	<b>10:15:00</b> 60 min LES MILLS <b>BODYATTACK</b> LOUKA ESPOSITO	<b>12:00:00</b> 60 min <b>ZUMBA</b> SOPHIE MEUNIER	<b>09:15:00</b> 60 min <b>SPINNING</b>	<b>11:15:00</b> 60 min <b>STRETCHING</b> HELENA PRIPP
<b>10:15:00</b> 60 min LES MILLS <b>BODYBALANCE</b> LAETITIA DURAND	<b>12:30:00</b> 60 min <b>CROSS TRAINING</b> LOUKA ESPOSITO	<b>09:15:00</b> 60 min <b>PILATES</b> ELODIE BOURGEOIS	<b>11:15:00</b> 60 min <b>ABDOS FESSIERS</b>		<b>10:15:00</b> 60 min <b>ABDOS STRETCHING</b>	<b>12:30:00</b> 60 min LES MILLS <b>BODYJAM</b> FETHI GRABSI
<b>11:15:00</b> 60 min <b>ZUMBA</b> FETHI GRABSI	<b>14:00:00</b> 60 min <b>ATHLETIC JAZZ</b> PATRICIA DEL MONACO	<b>10:15:00</b> 60 min <b>YOGA VINYASA</b> ELODIE BOURGEOIS	<b>11:30:00</b> 60 min <b>SPINNING</b> LOUKA ESPOSITO		<b>11:15:00</b> 60 min <b>YOGA HATHA</b>	<b>12:30:00</b> 30 min <b>LES MILLS RPM</b> CELINE DAUFRESNE
<b>12:00:00</b> 30 min <b>FIITEAM</b> EMILIE FABBIANI	<b>16:30:00</b> 60 min <b>ABDOS FESSIERS</b> EMILIE FABBIANI	<b>10:15:00</b> 60 min <b>LES MILLS RPM</b> EMILIE FABBIANI	<b>12:15:00</b> 60 min <b>BODYSCULPT</b>		<b>12:30:00</b> 60 min LES MILLS <b>BODYPUMP</b>	<b>12:30:00</b> 30 min <b>FIITEAM</b> LOUKA ESPOSITO

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<b>12:30:00</b> 60 min <b>SPINNING</b> FETHI GRABSI	<b>17:30:00</b> 60 min <b>LES MILLS BODYBALANCE</b> EMILIE FABBIANI	<b>11:15:00</b> 30 min <b>LES MILLS CXWORX</b> EMILIE FABBIANI	<b>13:00:00</b> 60 min <b>ORIENTATION</b> LOUKA ESPOSITO		<b>12:30:00</b> 60 min <b>LES MILLS RPM</b> EMILIE FABBIANI	<b>13:00:00</b> 30 min <b>LES MILLS sprint</b> CELINE DAUFRESNE
<b>12:30:00</b> 60 min <b>YOGA VINYASA</b> ELODIE BOURGEOIS	<b>18:30:00</b> 105 min <b>EVENEMENTS</b> EMILIE FABBIANI	<b>11:45:00</b> 45 min <b>LES MILLS BODYPUMP</b> EMILIE FABBIANI			<b>13:30:00</b> 30 min <b>STRETCHING</b> EMILIE FABBIANI	<b>13:00:00</b> 60 min <b>ORIENTATION</b> LOUKA ESPOSITO
<b>12:30:00</b> 60 min <b>ORIENTATION</b> EMILIE FABBIANI	<b>18:30:00</b> 105 min <b>EVENEMENTS</b> LOUKA ESPOSITO	<b>12:30:00</b> 60 min <b>ABDOS FESSIERS</b> HELENA PRIPP			<b>15:30:00</b> 120 min <b>YOGA VINYASA</b> FANNY SIMON	<b>14:00:00</b> 60 min <b>ABDOS FESSIERS</b> LOUKA ESPOSITO
<b>16:30:00</b> 60 min <b>EXTRA VADANZA</b> JOEL JOUANNY		<b>12:30:00</b> 30 min <b>LES MILLS RPM</b> EMILIE FABBIANI			<b>17:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> EMILIE FABBIANI	<b>15:00:00</b> 90 min <b>YOGA HATHA</b> MARTINE DULBECCO
<b>17:30:00</b> 60 min <b>ORIENTATION</b> LOUKA ESPOSITO		<b>13:00:00</b> 30 min <b>LES MILLS sprint</b> EMILIE FABBIANI			<b>18:30:00</b> 60 min <b>ZUMBA</b> FETHI GRABSI	<b>16:30:00</b> 60 min <b>CXWORX BODYSCULPT</b> LOUKA ESPOSITO
<b>17:30:00</b> 60 min <b>ABDOS FESSIERS</b> JOEL JOUANNY		<b>13:30:00</b> 60 min <b>STRETCHING</b> HELENA PRIPP			<b>18:30:00</b> 30 min <b>LES MILLS RPM</b> EMILIE FABBIANI	<b>17:00:00</b> 30 min <b>FIITEAM</b> EMILIE FABBIANI

MERCREDI 22/05	JEUDI 23/05	VENDREDI 24/05	SAMEDI 25/05	DIMANCHE 26/05	LUNDI 27/05	MARDI 28/05
<b>18:30:00</b> 60 min <b>ATHLETIC FORCE</b> JOEL JOUANNY		<b>15:30:00</b> 60 min <b>CXWORX BODYBALANCE</b> LOUKA ESPOSITO			<b>19:00:00</b> 30 min <b>LES MILLS sprint</b> EMILIE FABBIANI	<b>17:30:00</b> 60 min <b>STEP 1</b> LOUKA ESPOSITO
<b>18:30:00</b> 60 min <b>LES MILLS RPM</b> LOUKA ESPOSITO		<b>16:30:00</b> 60 min <b>BODYSCULPT</b> LOUKA ESPOSITO			<b>19:30:00</b> 60 min <b>LES MILLS BODYBALANCE</b> EMILIE FABBIANI	<b>18:30:00</b> 60 min <b>LES MILLS BODYATTACK</b> EMILIE FABBIANI
<b>19:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> JOEL JOUANNY		<b>17:30:00</b> 30 min <b>ABDOS</b> LOUKA ESPOSITO			<b>20:30:00</b> 60 min <b>ORIENTATION</b> EMILIE FABBIANI	<b>19:30:00</b> 60 min <b>CROSS TRAINING</b> EMILIE FABBIANI
		<b>17:30:00</b> 30 min <b>FIITEAM</b> LOUKA ESPOSITO				
		<b>18:00:00</b> 90 min <b>IRON FIT</b>				
		<b>18:00:00</b> 60 min <b>SPINNING</b> LOUKA ESPOSITO				

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		<b>19:30:00</b> 60 min <b>ATHLETIC  JAZZ</b> PATRICIA DEL MONACO				

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

TEL : 04 93 90 87 87

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