

SAMEDI 20/04	DIMANCHE 21/04	LUNDI 22/04	MARDI 23/04	MERCREDI 24/04	JEUDI 25/04	VENDREDI 26/04
<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:15:00</b> 45 min CINÉ PILATES	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:30:00</b> 60 min CINÉ SPINNING
<b>08:30:00</b> 45 min CINÉ PILATES	<b>08:30:00</b> 45 min CINÉ YOGA	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:45:00</b> 30 min CINÉ SWISS BALL	<b>07:45:00</b> 45 min CINÉ YOGA	<b>07:45:00</b> 60 min CINÉ HIIT	<b>07:45:00</b> 30 min CINÉ SWISS BALL
<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min <b>STRETCHING</b> CHLOE LALLEMAND
<b>09:30:00</b> 60 min <b>PILATES</b> LAETITIA PETITGENET	<b>09:30:00</b> 60 min <b>BODY PUMP CXWORX</b> OLIVIER BUL AN SUNG	<b>09:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 30 min <b>DOS ABDOS</b> MANDY GOMEZ	<b>08:30:00</b> 30 min <b>ABDOS FESSIERS</b> JEAN-PIERRE CYPRIEN	<b>09:00:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> MICHAEL SAMUELIAN	<b>08:30:00</b> 60 min CINÉ SPINNING
<b>09:30:00</b> 60 min CINÉ SPINNING	<b>09:30:00</b> 60 min CINÉ SPINNING	<b>11:30:00</b> 60 min CINÉ SPINNING	<b>09:00:00</b> 30 min <b>STRETCHING</b> MANDY GOMEZ	<b>09:00:00</b> 60 min <b>BODYSULPT</b> JEAN-PIERRE CYPRIEN	<b>10:00:00</b> 45 min <b>NRJ SCULPT</b> OLIVIER BONZOM	<b>09:30:00</b> 60 min <b>PILATES</b> CHLOE LALLEMAND
<b>10:30:00</b> 60 min <b>LESMILLS BODYBALANCE</b> LAETITIA PETITGENET	<b>10:30:00</b> 60 min <b>LESMILLS BODYJAM</b> OLIVIER BUL AN SUNG	<b>12:30:00</b> 60 min CINÉ SPINNING	<b>09:30:00</b> 60 min CINÉ SPINNING	<b>09:30:00</b> 60 min CINÉ SPINNING	<b>10:00:00</b> 60 min <b>LESMILLS RPM</b> MICHAEL SAMUELIAN	<b>09:30:00</b> 60 min <b>ORIENTATION</b> OLIVIER BONZOM

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<b>10:30:00</b> 60 min <b>LES MILLS RPM</b> STEEVE CHAGNEAU	<b>10:30:00</b> 60 min CINÉ SPINNING	<b>13:30:00</b> 60 min CINÉ SPINNING	<b>09:30:00</b> 45 min <b>PILATES</b> MANDY GOMEZ	<b>10:00:00</b> 30 min <b>STRETCHING</b> JEAN-PIERRE CYPRIEN	<b>11:30:00</b> 30 min <b>FIITEAM</b> MICHAEL SAMUELIAN	<b>09:30:00</b> 60 min CINÉ SPINNING
<b>11:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> STEEVE CHAGNEAU	<b>11:30:00</b> 45 min <b>ZUMBA</b> OLIVIER BUL AN SUNG	<b>14:00:00</b> 60 min CINÉ ZUMBA	<b>10:15:00</b> 45 min <b>LES MILLS BODYBALANCE</b> ELODIE BOURGEOIS	<b>10:30:00</b> 60 min CINÉ SPINNING	<b>11:30:00</b> 60 min CINÉ SPINNING	<b>10:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> JEAN-PIERRE CYPRIEN
<b>11:30:00</b> 60 min CINÉ SPINNING	<b>11:30:00</b> 60 min CINÉ SPINNING	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>10:30:00</b> 60 min CINÉ SPINNING	<b>10:30:00</b> 60 min CINÉ ZUMBA	<b>12:15:00</b> 45 min <b>LES MILLS BODYPUMP</b> MICHAEL SAMUELIAN	<b>10:30:00</b> 60 min CINÉ SPINNING
<b>12:30:00</b> 45 min <b>LES MILLS BODYCOMBAT</b> STEEVE CHAGNEAU	<b>12:30:00</b> 60 min CINÉ BODY BOXE	<b>15:00:00</b> 30 min CINÉ PILATES	<b>11:00:00</b> 60 min <b>YOGA VINYASA</b> MANDY GOMEZ	<b>11:30:00</b> 60 min CINÉ SPINNING	<b>12:30:00</b> 60 min CINÉ SPINNING	<b>11:30:00</b> 30 min <b>LES MILLS CXWORX</b> JEAN-PIERRE CYPRIEN
<b>12:30:00</b> 60 min CINÉ SPINNING	<b>12:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>11:30:00</b> 60 min CINÉ SPINNING	<b>12:15:00</b> 60 min <b>LES MILLS BODYBALANCE</b> MICHAEL SAMUELIAN	<b>13:00:00</b> 30 min <b>ABDOS FESSIERS</b> MICHAEL SAMUELIAN	<b>11:30:00</b> 60 min CINÉ SPINNING
<b>13:15:00</b> 45 min CINÉ YOGA	<b>13:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ YOGA	<b>12:15:00</b> 45 min <b>CUISSES ABDOS FESSIERS</b> JEAN-PIERRE CYPRIEN	<b>12:30:00</b> 60 min <b>SPINNING</b> JEAN-PIERRE CYPRIEN	<b>13:30:00</b> 60 min CINÉ SPINNING	<b>12:15:00</b> 45 min <b>DOS ABDOS</b> FABRICE IFERGANE

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<b>13:30:00</b> 60 min CINÉ SPINNING	<b>14:00:00</b> 60 min CINÉ HIIT	<b>16:30:00</b> 60 min CINÉ SPINNING	<b>12:30:00</b> 60 min CINÉ SPINNING	<b>13:30:00</b> 60 min CINÉ SPINNING	<b>14:00:00</b> 60 min CINÉ BODY SCULPT	<b>12:30:00</b> 60 min <b>SPINNING</b> JEAN-PIERRE CYPRIEN
<b>14:00:00</b> 120 min <b>KID'S ACADEMY 8-12 ANS</b> CHLOE LALLEMAND	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>16:30:00</b> 60 min CINÉ PILATES	<b>13:00:00</b> 30 min <b>STRETCHING</b> JEAN-PIERRE CYPRIEN	<b>13:30:00</b> 60 min CINÉ BODY BOXE	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>13:00:00</b> 45 min <b>STRETCHING</b> FABRICE IFERGANE
<b>14:30:00</b> 60 min CINÉ SPINNING	<b>15:00:00</b> 60 min CINÉ BODY BOXE	<b>17:30:00</b> 60 min CINÉ SPINNING	<b>13:30:00</b> 60 min CINÉ SPINNING	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min <b>YOGA VINYASA</b> MAGALI MORALI	<b>13:30:00</b> 60 min CINÉ SPINNING
<b>15:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>19:30:00</b> 120 min CINÉ SPINNING	<b>14:00:00</b> 60 min CINÉ SWISS BALL	<b>14:30:00</b> 60 min CINÉ BODY BOXE	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>14:00:00</b> 90 min <b>YOGA HATHA</b> MARTINE DULBECCO
<b>16:00:00</b> 30 min CINÉ HIIT	<b>16:00:00</b> 60 min CINÉ PILATES	<b>20:30:00</b> 30 min CINÉ ZUMBA	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>16:30:00</b> 60 min <b>YOGA HATHA</b> MAGALI MORALI	<b>14:30:00</b> 60 min CINÉ SPINNING
<b>16:30:00</b> 60 min CINÉ SPINNING	<b>16:30:00</b> 60 min CINÉ SPINNING	<b>21:00:00</b> 30 min CINÉ HIIT	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ BODY COMBAT	<b>16:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ SPINNING

SAMEDI 20/04	DIMANCHE 21/04	LUNDI 22/04	MARDI 23/04	MERCREDI 24/04	JEUDI 25/04	VENDREDI 26/04
<b>16:30:00</b> 30 min <b>CINÉ HIIT</b>	<b>17:00:00</b> 60 min <b>LES MILLS BODY PUMP</b> FABRICE IFERGANE		<b>15:30:00</b> 60 min <b>CINÉ BODY SCULPT</b>	<b>16:30:00</b> 60 min <b>LES MILLS BODY BALANCE</b> MICHAEL SAMUELIAN	<b>17:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>15:30:00</b> 60 min <b>CINÉ BODY BOXE</b>
<b>17:00:00</b> 60 min <b>BODY ATTACK CXWORX</b> FABRICE IFERGANE	<b>18:00:00</b> 60 min <b>SPINNING</b> FABRICE IFERGANE		<b>16:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>16:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>18:00:00</b> 30 min <b>LES MILLS CXWORX</b> MICHAEL SAMUELIAN	<b>16:30:00</b> 60 min <b>CINÉ SPINNING</b>
<b>18:00:00</b> 120 min <b>YOGA</b> AMIYA MATYSIAK	<b>18:00:00</b> 60 min <b>CINÉ STRETCHING</b>		<b>16:30:00</b> 60 min <b>CINÉ BODY BOXE</b>	<b>17:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> ARISTOTE NZEMBA	<b>18:30:00</b> 60 min <b>LES MILLS BODY ATTACK</b> OLIVIER BONZOM	<b>16:30:00</b> 60 min <b>CINÉ ZUMBA</b>
<b>18:00:00</b> 60 min <b>SPINNING</b> FABRICE IFERGANE	<b>19:00:00</b> 60 min <b>CINÉ SPINNING</b>		<b>17:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>17:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>18:30:00</b> 60 min <b>SPINNING</b> MICHAEL SAMUELIAN	<b>17:30:00</b> 30 min <b>CINÉ HIIT</b>
<b>19:00:00</b> 60 min <b>CINÉ SPINNING</b>			<b>17:30:00</b> 60 min <b>LES MILLS BODY PUMP</b> MICHAEL SAMUELIAN	<b>18:30:00</b> 60 min <b>LES MILLS BODY JAM</b> ARISTOTE NZEMBA	<b>19:30:00</b> 60 min <b>ZUMBA</b> FABIENNE CAMARA	<b>17:30:00</b> 60 min <b>CINÉ SPINNING</b>
			<b>18:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>18:30:00</b> 60 min <b>LES MILLS RPM</b> OLIVIER BONZOM	<b>19:30:00</b> 120 min <b>CINÉ SPINNING</b>	<b>18:00:00</b> 30 min <b>LES MILLS CXWORX</b> MICHAEL SAMUELIAN

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			<b>18:30:00</b> 30 min  <b>FIITEAM</b>  MICHAEL SAMUELIAN	<b>18:30:00</b> 60 min  <b>ORIENTATION</b>  MICHAEL SAMUELIAN	<b>20:30:00</b> 60 min  <b>CINÉ</b> BODY SCULPT	<b>18:30:00</b> 60 min  <b>LESMILLS</b> <b>BODYPUMP</b>  MICHAEL SAMUELIAN
			<b>18:30:00</b> 60 min  <b>LESMILLS</b> <b>BODYCOMBAT</b>  STEEVE CHAGNEAU	<b>19:30:00</b> 60 min  <b>LESMILLS</b> <b>BODYPUMP</b>  MICHAEL SAMUELIAN		<b>18:30:00</b> 60 min  <b>CINÉ</b> SPINNING
			<b>19:30:00</b> 60 min  <b>LESMILLS</b> <b>RPM</b>  MICHAEL SAMUELIAN	<b>19:30:00</b> 120 min  <b>CINÉ</b> SPINNING		<b>18:30:00</b> 30 min  <b>FIITEAM</b>  MICHAEL SAMUELIAN
			<b>19:30:00</b> 45 min  <b>CROSS</b> <b>TRAINING</b>  STEEVE CHAGNEAU	<b>20:30:00</b> 30 min  <b>LESMILLS</b> <b>CXWORX</b>  MICHAEL SAMUELIAN		<b>19:00:00</b> 60 min  <b>ORIENTATION</b>  MICHAEL SAMUELIAN
			<b>20:15:00</b> 60 min  <b>CINÉ</b> STRETCHING			<b>19:30:00</b> 60 min  <b>LESMILLS</b> <b>BODYBALANCE</b>  MICHAEL SAMUELIAN
			<b>20:30:00</b> 60 min  <b>CINÉ</b> SPINNING			<b>19:30:00</b> 120 min  <b>CINÉ</b> SPINNING

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						<b>20:30:00</b> 60 min <b>CINÉ</b> STRETCHING

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