

DIMANCHE 18/08	LUNDI 19/08	MARDI 20/08	MERCREDI 21/08	JEUDI 22/08	VENREDI 23/08	SAMEDI 24/08
<b>09:30:00</b> 60 min <b>BODY PUMP</b> <b>CXWORX</b> ARISTOTE NZEMBA	<b>08:30:00</b> 60 min <b>BODYSULPT</b> LAETITIA PETITGENET	<b>08:30:00</b> 30 min <b>DOS ABDOS</b> LAETITIA PETITGENET	<b>08:30:00</b> 30 min <b>ABDOS</b> <b>FESSIERS</b> JEAN-PIERRE CYPRIEN	<b>09:00:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> MICHAEL SAMUELIAN	<b>08:30:00</b> 60 min <b>STRETCHING</b> SONIA TAJOURI	<b>09:30:00</b> 60 min <b>PILATES</b> LAETITIA PETITGENET
<b>10:30:00</b> 60 min <b>LES MILLS</b> <b>BODYJAM</b> ARISTOTE NZEMBA	<b>09:30:00</b> 60 min <b>STRETCHING</b> LAETITIA PETITGENET	<b>09:00:00</b> 30 min <b>STRETCHING</b> LAETITIA PETITGENET	<b>09:00:00</b> 60 min <b>BODYSULPT</b> JEAN-PIERRE CYPRIEN	<b>10:00:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> MICHAEL SAMUELIAN	<b>09:30:00</b> 60 min <b>PILATES</b> SONIA TAJOURI	<b>10:30:00</b> 60 min <b>SPINNING</b> JEAN-PIERRE CYPRIEN
<b>11:30:00</b> 45 min <b>ZUMBA</b> ARISTOTE NZEMBA	<b>10:30:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> OLIVIER BONZOM	<b>09:30:00</b> 45 min <b>PILATES</b> LAETITIA PETITGENET	<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 <b>ORIENTATION</b> JEAN-PIERRE CYPRIEN	<b>10:30:00</b> 60 min <b>LES MILLS</b> <b>BODYBALANCE</b> LAETITIA PETITGENET
<b>17:00:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> FABRICE IFERGANE	<b>10:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> MICHAEL SAMUELIAN	<b>10:15:00</b> 45 min <b>LES MILLS</b> <b>BODYBALANCE</b> LAETITIA PETITGENET	<b>12:15:00</b> 60 min <b>LES MILLS</b> <b>BODYBALANCE</b> MICHAEL SAMUELIAN	<b>12:15:00</b> 45 min <b>LES MILLS</b> <b>BODYPUMP</b> MICHAEL SAMUELIAN	<b>10:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> JEAN-PIERRE CYPRIEN	<b>11:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> JEAN-PIERRE CYPRIEN
<b>18:00:00</b> 60 min <b>SPINNING</b> FABRICE IFERGANE	<b>12:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> OLIVIER BONZOM	<b>11:00:00</b> 60 min <b>YOGA</b> <b>VINYASA</b> MARTINE DULBECCO	<b>12:30:00</b> 60 min <b>SPINNING</b> JEAN-PIERRE CYPRIEN	<b>13:00:00</b> 30 min <b>ABDOS</b> <b>FESSIERS</b> MICHAEL SAMUELIAN	<b>11:30:00</b> 30 min <b>LES MILLS</b> <b>CXWORX</b> JEAN-PIERRE CYPRIEN	<b>12:30:00</b> 45 min <b>LES MILLS</b> <b>BODYATTACK</b> JEAN-PIERRE CYPRIEN
	<b>12:30:00</b> 30 min <b>FIITEAM</b> MICHAEL SAMUELIAN	<b>12:15:00</b> 45 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> OLIVIER BONZOM	<b>16:30:00</b> 60 min <b>LES MILLS</b> <b>BODYBALANCE</b> MICHAEL SAMUELIAN	<b>15:30:00</b> 60 min <b>YOGA</b> <b>VINYASA</b> AMIYA MATYSIAK	<b>12:15:00</b> 45 min <b>DOS ABDOS</b> OLIVIER BONZOM	<b>17:00:00</b> 60 min <b>BODYATTACK</b> <b>CXWORX</b> JEAN-PIERRE CYPRIEN

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	<b>17:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> MICHAEL SAMUELIAN	<b>13:00:00</b> 30 min <b>STRETCHING</b> OLIVIER BONZOM	<b>17:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> ARISTOTE NZEMBA	<b>16:30:00</b> 60 min <b>YOGA HATHA</b> AMIYA MATYSIAK	<b>12:30:00</b> 60 min <b>SPINNING</b> JEAN-PIERRE CYPRIEN	<b>18:00:00</b> 120 min <b>YOGA</b> AMIYA MATYSIAK
	<b>17:30:00</b> 60 min <b>ORIENTATION</b> OLIVIER BONZOM	<b>17:30:00</b> 60 min <b>LESMILLS BODYPUMP</b> MICHAEL SAMUELIAN	<b>18:30:00</b> 60 min <b>LESMILLS RPM</b> OLIVIER BONZOM	<b>18:00:00</b> 30 min <b>LESMILLS CXWORX</b> MICHAEL SAMUELIAN	<b>13:00:00</b> 45 min <b>STRETCHING</b> OLIVIER BONZOM	<b>18:00:00</b> 60 min <b>SPINNING</b> JEAN-PIERRE CYPRIEN
	<b>18:30:00</b> 60 min <b>LESMILLS BODYATTACK</b> OLIVIER BONZOM	<b>18:30:00</b> 60 min <b>LESMILLS BODYCOMBAT</b> STEEVE CHAGNEAU	<b>18:30:00</b> 60 min <b>LESMILLS BODYJAM</b> ARISTOTE NZEMBA	<b>18:30:00</b> 60 min <b>LESMILLS BODYATTACK</b> JEAN-PIERRE CYPRIEN	<b>14:00:00</b> 90 min <b>YOGA HATHA</b> MARTINE DULBECCO	
	<b>18:30:00</b> 60 min <b>SPINNING</b> MICHAEL SAMUELIAN	<b>18:45:00</b> 30 min <b>FIITEAM</b> MICHAEL SAMUELIAN	<b>18:30:00</b> 60 min <b>ORIENTATION</b> MICHAEL SAMUELIAN	<b>18:30:00</b> 60 min <b>SPINNING</b> MICHAEL SAMUELIAN	<b>17:00:00</b> 60 min <b>ORIENTATION</b> MICHAEL SAMUELIAN	
	<b>19:30:00</b> 60 min <b>STRETCHING</b> MICHAEL SAMUELIAN	<b>19:30:00</b> 45 min <b>CROSS TRAINING</b> STEEVE CHAGNEAU	<b>19:30:00</b> 60 min <b>LESMILLS BODYPUMP</b> MICHAEL SAMUELIAN	<b>19:30:00</b> 60 min <b>CROSS TRAINING</b> JEAN-PIERRE CYPRIEN	<b>18:00:00</b> 30 min <b>LESMILLS CXWORX</b> MICHAEL SAMUELIAN	
		<b>19:30:00</b> 60 min <b>LESMILLS RPM</b> MICHAEL SAMUELIAN			<b>18:30:00</b> 60 min <b>LESMILLS BODYPUMP</b> MICHAEL SAMUELIAN	

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					<p><b>19:30:00</b> 60 min</p> <p><b>LESMILLS</b> <b>BODYBALANCE</b></p> <p>MICHAEL SAMUELIAN</p>	

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