

MERCREDI 22/05	JEUDI 23/05	VENDREDI 24/05	SAMEDI 25/05	DIMANCHE 26/05	LUNDI 27/05	MARDI 28/05
08:30:00 45 min DOS ABDOS STEEVE CHAGNEAU	08:00:00 90 min YOGA MYRIAM OTTONELLO	08:30:00 60 min LESMILLS BODYPUMP NINA MEERNOUT	08:30:00 30 min FIITEAM JULES VERLET	09:15:00 45 min SPINNING YOURI ARRON	08:30:00 45 min CUISSES ABDOS FESSIERS NICOLAS SZILAGGI	08:30:00 60 min BODYSULPT NICOLAS SZILAGGI
09:15:00 60 min LESMILLS BODYPUMP STEEVE CHAGNEAU	09:00:00 60 min ORIENTATION JULES VERLET	09:30:00 60 min LESMILLS BODYATTACK NICOLAS SZILAGGI	09:00:00 60 min LESMILLS BODYPUMP JULES VERLET	10:00:00 45 min LESMILLS BODYPUMP YOURI ARRON	09:15:00 60 min LESMILLS BODYPUMP NICOLAS SZILAGGI	09:30:00 60 min LESMILLS BODYBALANCE LAURE CASTA
10:15:00 60 min LESMILLS BODYCOMBAT STEEVE CHAGNEAU	09:30:00 60 min PILATES LAURE CASTA	09:45:00 30 min SPINNING NINA MEERNOUT	10:00:00 60 min LESMILLS BODYCOMBAT JULES VERLET	10:45:00 45 min LESMILLS BODYATTACK YOURI ARRON	10:15:00 30 min LESMILLS CXWORX NICOLAS SZILAGGI	09:30:00 60 min SPINNING NICOLAS SZILAGGI
11:15:00 45 min STRETCHING LAURE CASTA	10:30:00 60 min LESMILLS BODYPUMP LAURE CASTA	10:30:00 60 min BODYSULPT NINA MEERNOUT	11:15:00 60 min LESMILLS BODYJAM NICOLAS SZILAGGI	11:30:00 60 min CXWORX STRETCHING YOURI ARRON	10:30:00 60 min ORIENTATION JULES VERLET	10:30:00 45 min CUISSES ABDOS FESSIERS NICOLAS SZILAGGI
12:15:00 30 min LESMILLS BODYATTACK YOURI ARRON	11:30:00 30 min LESMILLS CXWORX JULES VERLET	11:30:00 45 min STRETCHING NINA MEERNOUT	11:15:00 60 min SPINNING JULES VERLET	17:00:00 45 min LESMILLS BODYPUMP NICOLAS SZILAGGI	10:45:00 45 min STRETCHING LAURE CASTA	11:15:00 60 min PILATES LAURE CASTA
12:30:00 60 min LESMILLS RPM LAURE CASTA	12:15:00 60 min ZUMBA MAUD LAMBERT	12:15:00 60 min SPINNING NINA MEERNOUT	12:15:00 60 min LESMILLS BODYBALANCE NICOLAS SZILAGGI	17:45:00 30 min LESMILLS CXWORX NICOLAS SZILAGGI	11:30:00 30 min FIITEAM NICOLAS SZILAGGI	12:15:00 60 min CROSS TRAINING NICOLAS SZILAGGI

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12:45:00 30 min LES MILLS BODYPUMP YOURI ARRON	12:30:00 60 min SPINNING JULES VERLET	12:30:00 60 min LES MILLS BODYPUMP LAURE CASTA	12:30:00 60 min ORIENTATION JULES VERLET	18:15:00 45 min LES MILLS BODYBALANCE NICOLAS SZILAGGI	12:15:00 60 min SPINNING FETHI GRABSI	12:30:00 60 min SPINNING JULES VERLET
13:15:00 30 min STRETCHING YOURI ARRON	13:15:00 60 min YOGA MAUD LAMBERT	13:30:00 30 min STRETCHING LAURE CASTA	16:30:00 60 min LES MILLS BODYPUMP NICOLAS SZILAGGI		12:30:00 45 min LES MILLS BODYCOMBAT JULES VERLET	13:15:00 30 min LES MILLS CXWORX NICOLAS SZILAGGI
17:30:00 60 min CUISSES ABDOS FESSIERS SOPHIE FAUVEAU	15:30:00 60 min DOS ABDOS YOURI ARRON	16:00:00 90 min YOGA LAURE CASTA	17:30:00 30 min LES MILLS CXWORX NICOLAS SZILAGGI		13:15:00 45 min LES MILLS BODYBALANCE LAURE CASTA	15:30:00 60 min BODYSULPT JULES VERLET
18:30:00 60 min ORIENTATION YOURI ARRON	16:30:00 30 min STRETCHING YOURI ARRON	17:30:00 60 min LES MILLS BODYPUMP YOURI ARRON	18:00:00 60 min LES MILLS BODYATTACK NICOLAS SZILAGGI		15:00:00 45 min CUISSES ABDOS FESSIERS JULES VERLET	16:30:00 60 min PILATES LAURE CASTA
18:30:00 60 min LADY DANCE SOPHIE FAUVEAU	17:00:00 30 min LES MILLS CXWORX YOURI ARRON	18:00:00 60 min LES MILLS RPM JULES VERLET			15:45:00 45 min STRETCHING YOURI ARRON	17:30:00 60 min LES MILLS BODYJAM NICOLAS SZILAGGI
19:30:00 60 min PILATES SOPHIE FAUVEAU	17:30:00 60 min CROSS TRAINING YOURI ARRON	18:30:00 30 min LES MILLS CXWORX YOURI ARRON			17:00:00 60 min LES MILLS BODYPUMP JULES VERLET	17:30:00 60 min LES MILLS RPM LAURE CASTA

MERCREDI 22/05	JEUDI 23/05	VENDREDI 24/05	SAMEDI 25/05	DIMANCHE 26/05	LUNDI 27/05	MARDI 28/05
19:30:00 60 min SPINNING YOURI ARRON	18:30:00 60 min LESMILLS BODYBALANCE FABIEN LESCH	19:00:00 60 min ORIENTATION YOURI ARRON			18:00:00 30 min LESMILLS CXWORX YOURI ARRON	18:30:00 60 min LESMILLS BODYCOMBAT JULES VERLET
20:30:00 60 min LESMILLS BODYPUMP YOURI ARRON	18:30:00 60 min SPINNING YOURI ARRON	19:00:00 60 min LESMILLS BODYCOMBAT JULES VERLET			18:30:00 60 min LESMILLS BODYATTACK YOURI ARRON	18:30:00 60 min SPINNING NICOLAS SZILAGGI
	19:30:00 60 min LESMILLS BODYJAM FABIEN LESCH	19:15:00 30 min FIITEAM YOURI ARRON			18:30:00 60 min LESMILLS RPM JULES VERLET	19:30:00 30 min FIITEAM JULES VERLET
	20:30:00 60 min HIP HOP FABIEN LESCH	20:00:00 45 min STRETCHING JULES VERLET			19:30:00 60 min CUISSES ABDOS FESSIERS JULES VERLET	19:30:00 60 min LESMILLS BODYPUMP LAURE CASTA
					19:45:00 60 min SPINNING YOURI ARRON	20:30:00 30 min LESMILLS CXWORX JULES VERLET
					20:30:00 60 min CROSS TRAINING JULES VERLET	

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

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