

JEUDI 27/06	VENREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
07:30:00 60 min LES MILLS BODYPUMP STEEVE CHAGNEAU	08:45:00 30 min HIIT NINA MEERNOUT	08:15:00 45 min CUISSES ABDOS FESSIERS NINA MEERNOUT	09:15:00 60 min SPINNING ARNO CACCAVELLI	08:45:00 30 min DOS ABDOS CORA TEODORESCU	07:15:00 60 min CROSS TRAINING CORA TEODORESCU	08:15:00 60 min BODYSULPT ARNO CACCAVELLI
08:30:00 60 min SPINNING STEEVE CHAGNEAU	09:15:00 60 min STRETCHING CORA TEODORESCU	09:00:00 60 min PILATES ELSA MALARA	10:15:00 60 min LES MILLS BODYPUMP ARNO CACCAVELLI	09:15:00 60 min BODYSULPT CORA TEODORESCU	08:15:00 60 min SPINNING CORA TEODORESCU	09:15:00 60 min LES MILLS BODYPUMP ARNO CACCAVELLI
08:45:00 45 min CROSS TRAINING KEVIN PERRINO	09:15:00 60 min SPINNING NINA MEERNOUT	09:00:00 60 min SPINNING NINA MEERNOUT	11:15:00 60 min LES MILLS BODYATTACK ARNO CACCAVELLI	10:15:00 60 min STRETCHING KEVIN PERRINO	08:30:00 45 min PILATES ARNO CACCAVELLI	10:15:00 45 min STRETCHING CORA TEODORESCU
09:30:00 60 min LES MILLS BODYBALANCE SABRINA WILHELM	10:15:00 60 min LES MILLS BODYPUMP NINA MEERNOUT	10:00:00 60 min LES MILLS RPM ELSA MALARA	12:15:00 30 min STRETCHING ARNO CACCAVELLI	10:15:00 60 min SPINNING CORA TEODORESCU	09:15:00 60 min SPINNING ARNO CACCAVELLI	10:30:00 60 min LES MILLS RPM SABRINA WILHELM
10:30:00 60 min LES MILLS BODYCOMBAT KEVIN PERRINO	11:15:00 60 min YOGA CORA TEODORESCU	10:00:00 60 min LES MILLS BODYPUMP NINA MEERNOUT	17:30:00 60 min SPINNING ARNO CACCAVELLI	11:15:00 30 min SPECIAL ABDOS KEVIN PERRINO	09:15:00 60 min CUISSES ABDOS FESSIERS CORA TEODORESCU	11:00:00 60 min YOGA CORA TEODORESCU
11:30:00 60 min ZUMBA KEVIN PERRINO	12:15:00 60 min LES MILLS BODYBALANCE SOPHIE FAUVEAU	11:00:00 30 min CORE TRAINING ELSA MALARA	18:30:00 60 min PILATES ARNO CACCAVELLI	12:15:00 60 min LES MILLS BODYJAM SOPHIE FAUVEAU	09:30:00 30 min ORIENTATION KEVIN PERRINO	12:30:00 60 min LES MILLS BODYPUMP CORA TEODORESCU

JEUDI 27/06	VENDREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
12:30:00 45 min CROSS TRAINING NINA MEERNOUT	12:15:00 60 min SPINNING STEEVE CHAGNEAU	11:30:00 60 min LESMILLS BODYJAM MAUD LAMBERT		12:15:00 60 min LESMILLS RPM KEVIN PERRINO	10:15:00 60 min LESMILLS BODYJAM KEVIN PERRINO	12:30:00 30 min LESMILLS RPM NINA MEERNOUT
12:30:00 60 min LESMILLS RPM KEVIN PERRINO	12:30:00 30 min ORIENTATION CORA TEODORESCU	12:30:00 60 min LESMILLS BODYBALANCE MAUD LAMBERT		12:30:00 30 min FIITEAM ARNO CACCAVELLI	11:15:00 60 min LESMILLS BODYPUMP KEVIN PERRINO	14:30:00 60 min CUISSES ABDOS FESSIERS KEVIN PERRINO
13:15:00 45 min GYM DOUCE NINA MEERNOUT	13:15:00 60 min LADY DANCE SOPHIE FAUVEAU	12:30:00 30 min FIITEAM NINA MEERNOUT		13:15:00 60 min PILATES SOPHIE FAUVEAU	12:15:00 30 min ORIENTATION KEVIN PERRINO	16:30:00 60 min LESMILLS BODYCOMBAT KEVIN PERRINO
15:30:00 60 min LESMILLS BODYPUMP CORA TEODORESCU	16:30:00 60 min LESMILLS BODYPUMP SABRINA WILHELM	15:00:00 60 min LESMILLS BODYATTACK ARNO CACCAVELLI		13:15:00 30 min ORIENTATION ARNO CACCAVELLI	12:15:00 60 min LESMILLS BODYCOMBAT SABRINA WILHELM	17:30:00 60 min LESMILLS BODYPUMP KEVIN PERRINO
16:30:00 60 min CUISSES ABDOS FESSIERS NINA MEERNOUT	17:30:00 60 min LESMILLS BODYBALANCE ELSA MALARA	16:00:00 60 min LESMILLS BODYPUMP ARNO CACCAVELLI		14:30:00 60 min LESMILLS BODYPUMP ARNO CACCAVELLI	12:30:00 60 min SPINNING CORA TEODORESCU	17:30:00 60 min SPINNING NINA MEERNOUT
17:30:00 60 min LESMILLS BODYJAM MAUD LAMBERT	17:30:00 60 min LESMILLS RPM SABRINA WILHELM	17:00:00 60 min SPINNING ARNO CACCAVELLI		15:30:00 60 min LESMILLS BODYBALANCE SABRINA WILHELM	13:15:00 45 min LESMILLS BODYBALANCE SABRINA WILHELM	18:30:00 60 min ZUMBA KEVIN PERRINO

JEUDI 27/06	VENDREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
17:30:00 60 min SPINNING CORA TEODORESCU	18:30:00 60 min LES MILLS BODYCOMBAT SABRINA WILHELM			16:30:00 60 min LES MILLS BODYATTACK KEVIN PERRINO	14:30:00 90 min YOGA CORA TEODORESCU	18:30:00 90 min SPINNING CORA TEODORESCU
18:30:00 30 min ORIENTATION	18:30:00 60 min LES MILLS RPM ELSA MALARA			17:30:00 30 min FIITEAM ARNO CACCAVELLI	16:00:00 60 min  KEVIN PERRINO	19:30:00 60 min CROSS TRAINING NINA MEERNOUT
18:30:00 60 min LES MILLS BODYATTACK MAUD LAMBERT	19:30:00 60 min LES MILLS BODYJAM SABRINA WILHELM			17:30:00 60 min CUISSES ABDOS FESSIERS SABRINA WILHELM	17:00:00 30 min ORIENTATION ARNO CACCAVELLI	
18:30:00 60 min SPINNING CORA TEODORESCU				17:30:00 60 min LES MILLS RPM KEVIN PERRINO	17:00:00 60 min PILATES SABRINA WILHELM	
19:30:00 60 min LES MILLS BODYPUMP CORA TEODORESCU				18:30:00 60 min LES MILLS BODYJAM FABIEN LESCH	17:30:00 60 min SPINNING NINA MEERNOUT	
20:30:00 60 min STRETCHING CORA TEODORESCU				18:30:00 60 min SPINNING ARNO CACCAVELLI	17:30:00 30 min FIITEAM ARNO CACCAVELLI	

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				<p>19:30:00 60 min</p> <p>LES MILLS BODYBALANCE</p> <p>FABIEN LESCH</p>	<p>18:00:00 30 min</p> <p>STRETCHING</p> <p>SABRINA WILHELM</p>	
					<p>18:30:00 60 min</p> <p>LES MILLS BODYPUMP</p> <p>SABRINA WILHELM</p>	
					<p>18:30:00 60 min</p> <p>SPINNING</p> <p>ARNO CACCAVELLI</p>	
					<p>19:30:00 60 min</p> <p>LES MILLS BODYJAM</p> <p>SABRINA WILHELM</p>	
					<p>19:30:00 60 min</p> <p>LES MILLS RPM</p> <p>NINA MEERNOUT</p>	
					<p>20:30:00 60 min</p> <p>CROSS TRAINING</p> <p>NINA MEERNOUT</p>	

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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.

TEL : 04 93 17 58 73
448 Route de Grenoble - 06200