




SAMEDI 20/04	DIMANCHE 21/04	LUNDI 22/04	MARDI 23/04	MERCREDI 24/04	JEUDI 25/04	VENDREDI 26/04
<b>08:15:00</b> 30 min <b>FIITEAM FORCE</b> JULIE STIEN	<b>08:30:00</b> 45 min CINÉ SPINNING	<b>07:30:00</b> 45 min CINÉ SPINNING	<b>07:30:00</b> 45 min CINÉ SPINNING	<b>07:30:00</b> 45 min CINÉ SPINNING	<b>07:30:00</b> 45 min CINÉ SPINNING	<b>07:30:00</b> 45 min CINÉ SPINNING
<b>08:30:00</b> 45 min CINÉ SPINNING	<b>09:30:00</b> 60 min <b>SPINNING</b> TONY HENRY	<b>08:30:00</b> 45 min CINÉ SPINNING	<b>08:00:00</b> 30 min <b>FIITEAM FORCE</b> DENIS MATIATOS	<b>08:30:00</b> 45 min CINÉ SPINNING	<b>08:00:00</b> 30 min <b>FIITEAM CARDIO</b> DENIS MATIATOS	<b>08:30:00</b> 45 min CINÉ SPINNING
<b>09:00:00</b> 45 min <b>TAILLE ABDOS FESSIERSS</b> JULIE STIEN	<b>10:30:00</b> 60 min <b>LESMILLS BODYPUMP</b> TONY HENRY	<b>09:30:00</b> 45 min CINÉ SPINNING	<b>08:30:00</b> 45 min CINÉ SPINNING	<b>08:30:00</b> 60 min <b>BODYSULPT</b> TONY HENRY	<b>08:30:00</b> 45 min CINÉ SPINNING	<b>08:30:00</b> 60 min <b>CXWORX BODYBALANCE</b> JULIE STIEN
<b>09:30:00</b> 45 min CINÉ SPINNING	<b>10:30:00</b> 45 min CINÉ SPINNING	<b>11:30:00</b> 45 min CINÉ SPINNING	<b>08:30:00</b> 60 min <b>BODY PUMP CXWORX</b> JULIE STIEN	<b>09:30:00</b> 45 min CINÉ SPINNING	<b>08:30:00</b> 60 min <b>PILATES</b> MARTINE DULBECCO	<b>09:30:00</b> 45 min CINÉ SPINNING
<b>09:45:00</b> 45 min <b>LESMILLS BODYPUMP</b> JULIE STIEN	<b>11:30:00</b> 30 min <b>STRETCHING</b> TONY HENRY	<b>19:30:00</b> 45 min CINÉ SPINNING	<b>09:30:00</b> 60 min <b>STRETCHING</b> LAETITIA DURAND	<b>09:30:00</b> 60 min <b>CXWORX STRETCHING</b> TONY HENRY	<b>09:30:00</b> 45 min CINÉ SPINNING	<b>09:30:00</b> 60 min <b>LESMILLS BODYPUMP</b> JULIE STIEN
<b>10:00:00</b> 30 min <b>ORIENTATION</b>	<b>11:30:00</b> 45 min CINÉ SPINNING		<b>09:30:00</b> 60 min <b>SPINNING</b> JULIE STIEN	<b>10:30:00</b> 45 min CINÉ SPINNING	<b>09:30:00</b> 60 min <b>LESMILLS BODYBALANCE</b> MARTINE DULBECCO	<b>10:30:00</b> 60 min <b>LESMILLS RPM</b> JULIE STIEN

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<b>10:30:00</b> 45 min  JULIE STIEN	<b>12:30:00</b> 45 min CINÉ SPINNING		<b>10:30:00</b> 45 min CINÉ SPINNING	<b>10:30:00</b> 60 min LESMILLS <b>BODYPUMP</b> TONY HENRY	<b>10:30:00</b> 45 min CINÉ SPINNING	<b>11:30:00</b> 45 min CINÉ SPINNING
<b>10:30:00</b> 45 min CINÉ SPINNING	<b>13:30:00</b> 60 min CINÉ SPINNING		<b>10:30:00</b> 60 min <b>BODYSULPT</b> LAETITIA DURAND	<b>11:30:00</b> 45 min CINÉ SPINNING	<b>10:30:00</b> 90 min <b>YOGA VINYASA</b> MARTINE DULBECCO	<b>11:30:00</b> 60 min <b>BODYSULPT</b>
<b>11:30:00</b> 60 min <b>PILATES</b> SOPHIE MEUNIER	<b>15:00:00</b> 60 min CINÉ SPINNING		<b>11:00:00</b> 30 min <b>ORIENTATION</b> DENIS MATIATOS	<b>12:30:00</b> 60 min LESMILLS <b>BODYPUMP</b> DENIS MATIATOS	<b>11:30:00</b> 45 min CINÉ SPINNING	<b>12:30:00</b> 60 min <b>SPINNING</b> JULIE STIEN
<b>11:30:00</b> 60 min <b>SPINNING</b> JULIE STIEN	<b>16:00:00</b> 60 min CINÉ SPINNING		<b>11:30:00</b> 45 min CINÉ SPINNING	<b>12:30:00</b> 60 min <b>LESMILLS RPM</b> JULIE STIEN	<b>12:30:00</b> 45 min  TONY HENRY	<b>12:30:00</b> 60 min <b>PILATES</b>
<b>12:30:00</b> 45 min CINÉ SPINNING	<b>17:00:00</b> 45 min CINÉ SPINNING		<b>12:30:00</b> 60 min LESMILLS <b>BODYATTACK</b> DENIS MATIATOS	<b>14:00:00</b> 30 min <b>FIITEAM MINCEUR</b> TONY HENRY	<b>12:30:00</b> 60 min <b>LESMILLS RPM</b> DENIS MATIATOS	<b>13:30:00</b> 45 min CINÉ SPINNING
<b>12:30:00</b> 60 min  SOPHIE MEUNIER	<b>17:00:00</b> 120 min <b>YOGA DYNAMIQUE</b> AMIYA MATYSIAK		<b>12:30:00</b> 60 min <b>SPINNING</b> JULIE STIEN	<b>14:30:00</b> 90 min <b>YOGA VINYASA</b> MAUD LAMBERT	<b>14:30:00</b> 60 min <b>YOGA HATHA</b> MARTINE DULBECCO	<b>14:30:00</b> 45 min CINÉ SPINNING

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<b>14:00:00</b> 30 min <b>ORIENTATION</b> TONY HENRY	<b>18:00:00</b> 45 min <b>CINÉ SPINNING</b>		<b>14:30:00</b> 60 min <b>YOGA HATHA</b> FRANCOISE RINFRAY	<b>16:00:00</b> 30 min <b>ORIENTATION</b> JULIE STIEN	<b>15:30:00</b> 60 min <b>YOGA VINYASA</b> MARTINE DULBECCO	<b>14:30:00</b> 30 min <b>FIITEAM MINCEUR</b> TONY HENRY
<b>14:00:00</b> 60 min <b>CINÉ SPINNING</b>	<b>19:00:00</b> 45 min <b>CINÉ SPINNING</b>		<b>15:30:00</b> 60 min <b>YOGA VINYASA</b> FRANCOISE RINFRAY	<b>16:45:00</b> 30 min <b>LESMILLS CXWORX</b> DENIS MATIATOS	<b>17:30:00</b> 60 min <b>BODYSULPT</b> FANNY SIMON	<b>15:30:00</b> 45 min <b>CINÉ SPINNING</b>
<b>15:00:00</b> 60 min <b>CINÉ SPINNING</b>			<b>16:30:00</b> 60 min <b>TAILLE ABDOS FESSIERS</b>	<b>17:30:00</b> 60 min <b>CROSS TRAINING</b> JULIE STIEN	<b>18:30:00</b> 60 min <b>LESMILLS BODYJAM</b> FANNY SIMON	<b>15:30:00</b> 60 min <b>BODYSULPT</b> TONY HENRY
<b>15:00:00</b> 90 min <b>YOGA HATHA</b> AMIYA MATYSIAK			<b>17:30:00</b> 60 min <b>LESMILLS BODYJAM</b> MAUD LAMBERT	<b>18:30:00</b> 60 min <b>TAILLE ABDOS FESSIERS</b> JULIE STIEN	<b>19:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>16:30:00</b> 45 min <b>CINÉ SPINNING</b>
<b>16:00:00</b> 45 min <b>CINÉ SPINNING</b>			<b>18:30:00</b> 60 min <b>YOGA VINYASA</b> MAUD LAMBERT	<b>18:30:00</b> 60 min <b>LESMILLS RPM</b> DENIS MATIATOS	<b>19:30:00</b> 60 min <b>YOGA VINYASA</b> FANNY SIMON	<b>17:30:00</b> 30 min <b>ORIENTATION</b> TONY HENRY
<b>17:00:00</b> 45 min <b>CINÉ SPINNING</b>			<b>18:30:00</b> 60 min <b>LESMILLS RPM</b> JULIE STIEN	<b>19:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>20:30:00</b> 45 min <b>CROSS TRAINING</b> TONY HENRY	<b>17:30:00</b> 45 min <b>CINÉ SPINNING</b>

SAMEDI 20/04	DIMANCHE 21/04	LUNDI 22/04	MARDI 23/04	MERCREDI 24/04	JEUDI 25/04	VENDREDI 26/04
<b>17:00:00</b> 45 min <b>LES MILLS</b> <b>tone</b> TONY HENRY			<b>19:30:00</b> 45 min <b>CINÉ</b> <b>SPINNING</b>	<b>19:30:00</b> 45 min <b>LES MILLS</b> <b>tone</b> DENIS MATIATOS		<b>17:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> DENIS MATIATOS
<b>18:00:00</b> 45 min <b>CINÉ</b> <b>SPINNING</b>			<b>19:30:00</b> 45 min <b>LES MILLS</b> <b>BODYATTACK</b> JULIE STIEN			<b>18:30:00</b> 45 min <b>LES MILLS</b> <b>tone</b> DENIS MATIATOS
<b>18:00:00</b> 30 min <b>LES MILLS</b> <b>BODYPUMP</b> TONY HENRY						<b>18:30:00</b> 60 min <b>SPINNING</b> TONY HENRY
<b>18:30:00</b> 30 min <b>LES MILLS</b> <b>CXWORX</b> TONY HENRY						<b>19:30:00</b> 30 min <b>FIITEAM</b> <b>CARDIO</b> DENIS MATIATOS
<b>19:00:00</b> 45 min <b>CINÉ</b> <b>SPINNING</b>						<b>19:30:00</b> 45 min <b>CINÉ</b> <b>SPINNING</b>
						<b>19:30:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> TONY HENRY

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

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