

JEUDI 27/06	VENREDI 28/06	SAMEDI 29/06	DIMANCHE 30/06	LUNDI 01/07	MARDI 02/07	MERCREDI 03/07
08:00:00 30 min FIITEAM CARDIO DENIS MATIATOS	08:30:00 60 min CXWORX BODYBALANCE JULIE STIEN	08:15:00 30 min FIITEAM FORCE JULIE STIEN	09:30:00 60 min SPINNING TONY HENRY	08:00:00 30 min FIITEAM PLYO JULIE STIEN	08:00:00 30 min FIITEAM FORCE DENIS MATIATOS	08:30:00 60 min BODYSULPT TONY HENRY
08:30:00 60 min PILATES ELODIE BOURGEOIS	09:30:00 60 min LESMILLS BODYPUMP JULIE STIEN	09:00:00 45 min TAILLE ABDOS FESSIERS JULIE STIEN	10:30:00 60 min LESMILLS BODYPUMP TONY HENRY	08:45:00 45 min tone JULIE STIEN	08:30:00 60 min BODY PUMP CXWORX JULIE STIEN	09:30:00 60 min CXWORX STRETCHING TONY HENRY
09:30:00 60 min LESMILLS BODYBALANCE ELODIE BOURGEOIS	10:30:00 60 min LESMILLS RPM JULIE STIEN	09:45:00 45 min LESMILLS BODYPUMP JULIE STIEN	11:30:00 30 min STRETCHING TONY HENRY	09:30:00 60 min BODYSULPT JULIE STIEN	09:30:00 60 min SPINNING JULIE STIEN	10:30:00 60 min LESMILLS BODYPUMP TONY HENRY
10:30:00 90 min YOGA VINYASA ELODIE BOURGEOIS	11:30:00 60 min BODYSULPT SONIA TAJOURI	10:00:00 30 min ORIENTATION JULIE STIEN	17:00:00 120 min YOGA DYNAMIQUE AMIYA MATYSIAK	10:30:00 60 min LESMILLS BODYBALANCE JULIE STIEN	09:30:00 60 min STRETCHING LAETITIA DURAND	12:30:00 60 min LESMILLS BODYPUMP DENIS MATIATOS
12:30:00 45 min tone DENIS MATIATOS	12:30:00 60 min SPINNING JULIE STIEN	10:30:00 45 min tone JULIE STIEN		10:30:00 60 min LESMILLS RPM DENIS MATIATOS	10:30:00 60 min BODYSULPT LAETITIA DURAND	12:30:00 60 min LESMILLS RPM JULIE STIEN
12:30:00 60 min SPINNING TONY HENRY	12:30:00 60 min PILATES SONIA TAJOURI	11:30:00 60 min PILATES SOPHIE MEUNIER		11:30:00 45 min LESMILLS BODYPUMP DENIS MATIATOS	11:00:00 30 min ORIENTATION JULIE STIEN	14:00:00 30 min FIITEAM MINCEUR TONY HENRY

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14:30:00 60 min YOGA HATHA MARTINE DULBECCO	14:30:00 30 min FIITEAM MINCEUR TONY HENRY	11:30:00 60 min SPINNING JULIE STIEN		12:30:00 60 min LESMILLS BODYBALANCE DENIS MATIATOS	12:30:00 60 min LESMILLS BODYATTACK DENIS MATIATOS	14:30:00 90 min YOGA VINYASA MAUD LAMBERT
15:30:00 60 min YOGA VINYASA MARTINE DULBECCO	15:30:00 60 min BODYSULPT TONY HENRY	12:30:00 60 min ZUMBA SOPHIE MEUNIER		12:30:00 60 min LESMILLS RPM JULIE STIEN	12:30:00 60 min SPINNING JULIE STIEN	16:30:00 45 min STEP 1-2
17:30:00 60 min BODYSULPT FANNY SIMON	17:30:00 60 min LESMILLS BODYPUMP DENIS MATIATOS	14:00:00 30 min ORIENTATION TONY HENRY		15:30:00 60 min BODYSULPT JOEL JOUANNY	14:30:00 60 min YOGA DYNAMIQUE FRANCOISE RINFRAY	17:30:00 30 min ORIENTATION
18:30:00 60 min LESMILLS BODYJAM FANNY SIMON	17:30:00 30 min ORIENTATION TONY HENRY	15:00:00 90 min YOGA HATHA AMIYA MATYSIAK		16:30:00 60 min STRETCHING JOEL JOUANNY	15:30:00 60 min YOGA HATHA FRANCOISE RINFRAY	17:30:00 60 min CROSS TRAINING JULIE STIEN
19:30:00 60 min YOGA VINYASA FANNY SIMON	18:30:00 45 min tone TONY HENRY	17:00:00 45 min tone TONY HENRY		17:30:00 60 min LESMILLS BODYATTACK DENIS MATIATOS	16:30:00 60 min TAILLE ABDOS FESSIERSS JOEL JOUANNY	18:30:00 60 min TAILLE ABDOS FESSIERSS JULIE STIEN
20:30:00 45 min CROSS TRAINING TONY HENRY	18:30:00 60 min LESMILLS RPM DENIS MATIATOS	18:00:00 30 min LESMILLS BODYPUMP TONY HENRY		18:30:00 60 min BODY PUMP CXWORX DENIS MATIATOS	17:30:00 60 min LESMILLS BODYJAM MAUD LAMBERT	18:30:00 60 min LESMILLS RPM DENIS MATIATOS

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	19:30:00 60 min CUISSES ABDOS FESSIERS TONY HENRY	18:30:00 30 min LESMILLS CXWORX TONY HENRY		18:30:00 60 min SPINNING	18:30:00 60 min YOGA VINYASA MAUD LAMBERT	19:30:00 45 min LESMILLS tone DENIS MATIATOS
	19:30:00 30 min FIITEAM CARDIO DENIS MATIATOS			19:30:00 60 min LESMILLS BODYBALANCE	18:30:00 60 min LESMILLS RPM JULIE STIEN	
				19:45:00 30 min FIITEAM PLYO DENIS MATIATOS	19:30:00 45 min LESMILLS BODYATTACK JULIE STIEN	

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