

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>09:15:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> ALLEAUME JEREMY	<b>07:30:00</b> 60 min <b>SPINNING</b> BUZY LAETITIA	<b>07:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> BUZY LAETITIA	<b>07:30:00</b> 60 min <b>CROSS</b> <b>TRAINING</b> ALLEAUME JEREMY	<b>09:30:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> POUSTIS MATTHIEU	<b>09:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> BUZY LAETITIA	<b>07:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> ALLEAUME JEREMY
<b>10:15:00</b> 60 min <b>ZUMBA</b> GRABSI FETHI	<b>08:15:00</b> 60 min <b>PILATES</b> BOURGEOIS ELODIE	<b>08:30:00</b> 60 min <b>CXWORX</b> <b>BODYBALANCE</b> BUZY LAETITIA	<b>08:30:00</b> 60 min <b>BODYSULPT</b> JOUANNY JOEL	<b>10:30:00</b> 60 min <b>BODYATTACK</b> <b>CXWORX</b> POUSTIS MATTHIEU	<b>10:30:00</b> 30 min <b>LES MILLS</b> <b>CXWORX</b>	<b>09:15:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> ALLEAUME JEREMY
<b>12:15:00</b> 45 min <b>LES MILLS</b> <b>BODYPUMP</b> DAVID ROMAIN	<b>09:15:00</b> 60 min <b>BODYSULPT</b> BOURGEOIS ELODIE	<b>09:30:00</b> 60 min <b>PILATES</b> BUZY LAETITIA	<b>09:30:00</b> 60 min <b>EXTRA</b> <b>VADANZA</b> JOUANNY JOEL	<b>11:30:00</b> 60 min <b>SPINNING</b> POUSTIS MATTHIEU	<b>11:00:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> BUZY LAETITIA	<b>10:15:00</b> 60 min <b>STRETCHING</b> ALLEAUME JEREMY
<b>12:15:00</b> 45 min <b>LES MILLS</b> <b>RPM</b> ALLEAUME JEREMY	<b>12:15:00</b> 45 min <b>LES MILLS</b> <b>BODYJAM</b> DURAND LAETITIA	<b>12:15:00</b> 45 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> BUZY LAETITIA	<b>09:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> ALLEAUME JEREMY	<b>15:30:00</b> 120 min <b>YOGA</b> DULBECCO MARTINE	<b>12:00:00</b> 60 min <b>LES MILLS</b> <b>BODYBALANCE</b> BUZY LAETITIA	<b>12:15:00</b> 45 min <b>LES MILLS</b> <b>BODYCOMBAT</b> ALLEAUME JEREMY
<b>13:00:00</b> 45 min <b>CXWORX</b> <b>STRETCHING</b> DAVID ROMAIN	<b>12:15:00</b> 60 min <b>CROSS</b> <b>TRAINING</b> DAVID ROMAIN	<b>12:15:00</b> 45 min <b>LES MILLS</b> <b>RPM</b> DAVID ROMAIN	<b>10:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b> ALLEAUME JEREMY			<b>12:15:00</b> 45 min <b>LES MILLS</b> <b>RPM</b> BUZY LAETITIA
<b>16:30:00</b> 60 min <b>YOGA</b> SIMON FANNY	<b>12:15:00</b> 45 min <b>SPINNING</b> BUZY LAETITIA	<b>13:00:00</b> 45 min <b>LES MILLS</b> <b>BODYPUMP</b> ALLEAUME JEREMY	<b>12:15:00</b> 45 min <b>LES MILLS</b> <b>BODYATTACK</b> DAVID ROMAIN			<b>12:30:00</b> 60 min <b>ORIENTATION</b> DAVID ROMAIN

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>17:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> <b>STRETCHING</b> SIMON FANNY	<b>13:00:00</b> 45 min <b>PILATES</b> DURAND LAETITIA	<b>17:30:00</b> 60 min <b>CROSS TRAINING</b> DAVID ROMAIN	<b>12:15:00</b> 45 min <b>LES MILLS RPM</b> ALLEAUME JEREMY			<b>13:00:00</b> 45 min <b>LES MILLS BODYBALANCE</b> BUZY LAETITIA
<b>18:30:00</b> 60 min <b>AERODANCE</b> SIMON FANNY	<b>16:30:00</b> 60 min <b>BODYSULPT</b> BUZY LAETITIA	<b>18:30:00</b> 60 min <b>LES MILLS BODYATTACK</b> DAVID ROMAIN	<b>13:00:00</b> 45 min <b>STRETCHING</b> ALLEAUME JEREMY			<b>13:00:00</b> 30 min <b>LES MILLS RPM</b> ALLEAUME JEREMY
<b>18:30:00</b> 60 min <b>SPINNING</b> BUZY LAETITIA	<b>17:30:00</b> 60 min <b>LES MILLS BODYJAM</b> LESCH FABIEN	<b>18:30:00</b> 60 min <b>LES MILLS RPM</b> ALLEAUME JEREMY	<b>17:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> DURAND LAETITIA			<b>15:30:00</b> 60 min <b>YOGA</b> BOURGEOIS ELODIE
<b>18:30:00</b> 60 min <b>ORIENTATION</b> BUZY LAETITIA	<b>17:30:00</b> 60 min <b>ORIENTATION</b> BUZY LAETITIA	<b>19:30:00</b> 60 min <b>STRETCHING</b> BUZY LAETITIA	<b>18:30:00</b> 60 min <b>LES MILLS BODYJAM</b> DURAND LAETITIA			<b>16:30:00</b> 60 min <b>PILATES</b> BOURGEOIS ELODIE
<b>19:30:00</b> 60 min <b>LES MILLS BODYCOMBAT</b> DEL MONACO PATRICIA	<b>18:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> DAVID ROMAIN	<b>19:30:00</b> 60 min <b>ORIENTATION</b> ALLEAUME JEREMY	<b>18:30:00</b> 60 min <b>LES MILLS RPM</b> ALLEAUME JEREMY			<b>17:30:00</b> 60 min <b>CROSS TRAINING</b> BUZY LAETITIA
<b>19:45:00</b> 30 min <b>FIITEAM</b> BUZY LAETITIA	<b>18:30:00</b> 60 min <b>SPINNING</b> LESCH FABIEN		<b>19:30:00</b> 60 min <b>STEP 1</b> ALLEAUME JEREMY			<b>18:30:00</b> 60 min <b>BODY PUMP CXWORX</b> DAVID ROMAIN

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	<b>19:30:00</b> 60 min <b>LESMILLS</b> <b>BODYBALANCE</b> BUZY LAETITIA					<b>18:30:00</b> 60 min <b>LESMILLS</b> <b>RPM</b> BUZY LAETITIA
	<b>19:30:00</b> 60 min <b>SPINNING</b> DAVID ROMAIN					<b>18:30:00</b> 60 min <b>SPINNING</b> DAVID ROMAIN
						<b>19:30:00</b> 90 min <b>ATHLETIC</b> <b>JAZZ</b> DEL MONACO PATRICIA

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