

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
09:00:00 45 min PILATES ROOD CAROLINE	08:30:00 30 min CUISSES ABDOS FESSIERS FRECHET JONATHAN	08:15:00 60 min YOGA HATHA GOMEZ MANDY	09:00:00 45 min PILATES BATOUCHE ROBIN	10:15:00 60 min LESMILLS BODYPUMP BATOUCHE ROBIN	09:30:00 30 min ABDOS FESSIERS FRECHET JONATHAN	09:00:00 60 min LESMILLS BODYPUMP FRECHET JONATHAN
09:45:00 45 min PILATES ROOD CAROLINE	09:00:00 30 min DOS ABDOS FRECHET JONATHAN	09:15:00 45 min CUISSES ABDOS FESSIERS FRECHET JONATHAN	09:45:00 45 min PILATES BATOUCHE ROBIN	11:15:00 60 min STEP 1 BATOUCHE ROBIN	10:00:00 60 min LESMILLS RPM FRECHET JONATHAN	10:00:00 30 min LESMILLS CXWORX FRECHET JONATHAN
10:30:00 45 min STRETCHING ROOD CAROLINE	09:30:00 45 min LESMILLS BODYBALANCE FRECHET JONATHAN	09:15:00 60 min LESMILLS RPM SUAREZ EMILIE	10:30:00 45 min STRETCHING FRECHET JONATHAN	13:15:00 75 min YOGA VINYASA GOMEZ MANDY	11:00:00 60 min LESMILLS BODYBALANCE FRECHET JONATHAN	10:30:00 60 min LESMILLS RPM FRECHET JONATHAN
12:30:00 60 min ZUMBA NZEMBA ARISTOTE	10:15:00 60 min YOGA VINYASA SIMON FANNY	10:15:00 45 min LESMILLS BODYPUMP SUAREZ EMILIE	12:30:00 45 min CROSS TRAINING FRECHET JONATHAN	14:30:00 45 min PILATES GOMEZ MANDY		10:30:00 75 min YOGA HATHA GOMEZ MANDY
17:15:00 45 min STEP 2 GRAGLIA JEREMY	10:30:00 30 min ORIENTATION	11:00:00 45 min LESMILLS BODYBALANCE SUAREZ EMILIE	17:30:00 45 min LESMILLS BODYPUMP FRECHET JONATHAN	15:15:00 45 min STRETCHING GOMEZ MANDY		11:30:00 30 min ORIENTATION FRECHET JONATHAN
18:00:00 60 min LESMILLS BODYPUMP GRAGLIA JEREMY	12:15:00 30 min ORIENTATION	12:15:00 30 min ORIENTATION FRECHET JONATHAN	18:15:00 60 min LESMILLS RPM FRECHET JONATHAN			12:30:00 60 min LESMILLS RPM EL ZEIN RAPHAEL

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
18:30:00 30 min ORIENTATION	12:30:00 60 min LES MILLS BODY PUMP FRECHET JONATHAN	12:30:00 30 min LES MILLS RPM GRAGLIA JEREMY	18:15:00 45 min L.I.A GRAGLIA JEREMY			12:30:00 30 min LES MILLS BODY ATTACK FRECHET JONATHAN
19:00:00 60 min LES MILLS RPM EL ZEIN RAPHAEL	17:15:00 60 min LES MILLS BODY PUMP FRECHET JONATHAN	13:00:00 30 min ABDOS FESSIERS GRAGLIA JEREMY	19:00:00 60 min LES MILLS BODY JAM GRAGLIA JEREMY			13:00:00 30 min LES MILLS CXWORX FRECHET JONATHAN
19:00:00 60 min LES MILLS BODY COMBAT GRAGLIA JEREMY	18:00:00 30 min ORIENTATION	14:30:00 45 min PILATES LADAS CAMILLE	19:30:00 30 min ORIENTATION FRECHET JONATHAN			14:30:00 45 min PILATES LADAS CAMILLE
20:00:00 60 min LES MILLS BODY BALANCE EL ZEIN RAPHAEL	18:15:00 60 min STEP 3 DURAND JEROME	15:15:00 45 min STRETCHING LADAS CAMILLE	20:00:00 45 min STRETCHING GRAGLIA JEREMY			15:15:00 45 min STRETCHING LADAS CAMILLE
	18:30:00 60 min LES MILLS RPM FRECHET JONATHAN	17:30:00 60 min LES MILLS BODY BALANCE EL ZEIN RAPHAEL				18:00:00 60 min BODY SCULPT FRECHET JONATHAN
	19:15:00 30 min ABDOS FESSIERS DURAND JEROME	18:30:00 30 min LES MILLS CXWORX EL ZEIN RAPHAEL				19:00:00 60 min LES MILLS RPM FRECHET JONATHAN

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	19:45:00 60 min LES MILLS BODYJAM DURAND JEROME	19:00:00 60 min LES MILLS BODYCOMBAT EL ZEIN RAPHAEL				19:00:00 60 min LES MILLS BODYATTACK EL ZEIN RAPHAEL
		19:00:00 30 min ORIENTATION				19:15:00 30 min ORIENTATION
		20:00:00 30 min STRETCHING EL ZEIN RAPHAEL				20:00:00 30 min LES MILLS CXWORX EL ZEIN RAPHAEL
						20:30:00 30 min LES MILLS BODYBALANCE EL ZEIN RAPHAEL

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