


MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>07:15:00</b> 60 min <b>CINÉ</b> BODY BARRE	<b>07:45:00</b> 45 min <b>CINÉ</b> SPINNING	<b>07:30:00</b> 55 min <b>CINÉ</b> NRJ SCULPT	<b>07:15:00</b> 40 min <b>CINÉ</b> YOGA	<b>08:15:00</b> 45 min <b>CINÉ</b> SPINNING	<b>08:15:00</b> 30 min <b>CINÉ</b> NRJ SCULPT	<b>07:15:00</b> 60 min <b>CINÉ</b> YOGA
<b>07:30:00</b> 45 min <b>CINÉ</b> SPINNING	<b>08:30:00</b> 60 min <b>CINÉ</b> SPINNING	<b>08:30:00</b> 45 min <b>CINÉ</b> SPINNING	<b>07:15:00</b> 40 min <b>CINÉ</b> YOGA DYNAMIQUE	<b>08:15:00</b> 25 min <b>CINÉ</b> YOGA	<b>08:30:00</b> 90 min <b>CINÉ</b> SPINNING	<b>08:30:00</b> 60 min <b>CROSS</b> <b>TRAINING</b>  ES SLIMANI CHRISTELLE
<b>08:15:00</b> 50 min <b>CINÉ</b> SPINNING	<b>09:15:00</b> 60 min <b>LES MILLS</b> <b>BODYATTACK</b>  BOURDEAU CINDY	<b>09:15:00</b> 45 min <b>CINÉ</b> SPINNING	<b>08:30:00</b> 60 min <b>CINÉ</b> SPINNING	<b>08:45:00</b> 75 min <b>YOGA</b> <b>VINYASA</b>  GAZIELLO JOEL	<b>08:45:00</b> 30 min <b>CINÉ</b> STRETCHING	<b>08:45:00</b> 50 min <b>CINÉ</b> SPINNING
<b>08:30:00</b> 60 min <b>YOGA</b> <b>VINYASA</b>  GAZIELLO JOEL	<b>09:30:00</b> 60 min <b>CINÉ</b> SPINNING	<b>09:15:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b>  ES SLIMANI CHRISTELLE	<b>08:30:00</b> 60 min <b>BODYSULPT</b>  BOURDEAU CINDY	<b>09:15:00</b> 65 min <b>CINÉ</b> SPINNING	<b>09:30:00</b> 60 min <b>PILATES</b>  MAIRE ANNA	<b>09:30:00</b> 30 min <b>LES MILLS</b> <b>CXWORX</b>  ES SLIMANI CHRISTELLE
<b>09:15:00</b> 60 min <b>CINÉ</b> SPINNING	<b>10:15:00</b> 60 min <b>ZUMBA</b>  NZEMBA ARISTOTE	<b>10:05:00</b> 60 min <b>CINÉ</b> SPINNING	<b>09:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b>  BOURDEAU CINDY	<b>10:00:00</b> 30 min <b>LES MILLS</b> <b>CXWORX</b>  GAZIELLO JOEL	<b>10:00:00</b> 30 min <b>CINÉ</b> SPINNING	<b>10:00:00</b> 65 min <b>CINÉ</b> SPINNING
<b>09:30:00</b> 45 min <b>DOS ABDOS</b>  GAZIELLO JOEL	<b>10:45:00</b> 45 min <b>FIITEAM</b> <b>MINCEUR</b>  BOURDEAU CINDY	<b>10:15:00</b> 60 min <b>LES MILLS</b> <b>BODYBALANCE</b>  ES SLIMANI CHRISTELLE	<b>09:30:00</b> 60 min <b>PILATES</b>  ES SLIMANI CHRISTELLE	<b>10:30:00</b> 60 min <b>LES MILLS</b> <b>BODYPUMP</b>  GAZIELLO JOEL	<b>10:30:00</b> 60 min <b>CINÉ</b> SPINNING	<b>10:00:00</b> 45 min <b>STRETCHING</b>  ES SLIMANI CHRISTELLE

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>10:15:00</b> 55 min CINÉ SPINNING	<b>11:00:00</b> 60 min CINÉ SPINNING	<b>11:15:00</b> 45 min CINÉ SPINNING	<b>09:45:00</b> 60 min CINÉ SPINNING	<b>10:30:00</b> 45 min <b>FIITEAM</b> BOXE ES SLIMANI CHRISTELLE	<b>10:30:00</b> 60 min LESMILLS <b>BODYPUMP</b> MAIRE ANNA	<b>10:45:00</b> 60 min LESMILLS <b>BODYCOMBAT</b> BOURDEAU CINDY
<b>10:15:00</b> 60 min LESMILLS <b>BODYPUMP</b> GAZIELLO JOEL	<b>11:15:00</b> 60 min YOGA VINYASA GAZIELLO JOEL	<b>11:15:00</b> 30 min LESMILLS <b>CXWORX</b> ES SLIMANI CHRISTELLE	<b>10:30:00</b> 60 min L.I.A BOURDEAU CINDY	<b>10:30:00</b> 60 min ORIENTATION ES SLIMANI CHRISTELLE	<b>11:30:00</b> 60 min LESMILLS <b>BODYJAM</b> MAIRE ANNA	<b>11:00:00</b> 60 min ORIENTATION ES SLIMANI CHRISTELLE
<b>11:15:00</b> 50 min CINÉ SPINNING	<b>12:15:00</b> 60 min CINÉ SPINNING	<b>11:30:00</b> 60 min ORIENTATION GAZIELLO JOEL	<b>11:00:00</b> 60 min CINÉ SPINNING	<b>10:35:00</b> 55 min CINÉ SPINNING	<b>12:30:00</b> 20 min CINÉ SPINNING	<b>11:15:00</b> 45 min CINÉ SPINNING
<b>11:15:00</b> 60 min LESMILLS <b>BODYJAM</b> ES SLIMANI CHRISTELLE	<b>12:15:00</b> 60 min SPINNING GAZIELLO JOEL	<b>11:45:00</b> 25 min CINÉ YOGA	<b>11:45:00</b> 25 min CINÉ STRETCHING	<b>11:30:00</b> 60 min <b>LESMILLS</b> <b>RPM</b> GAZIELLO JOEL	<b>12:45:00</b> 30 min CINÉ STRETCHING	<b>12:15:00</b> 45 min  NZEMBA ARISTOTE
<b>11:30:00</b> 25 min CINÉ YOGA DYNAMIQUE	<b>12:30:00</b> 45 min LESMILLS <b>BODYCOMBAT</b> BOURDEAU CINDY	<b>12:15:00</b> 60 min LESMILLS <b>BODYJAM</b> ES SLIMANI CHRISTELLE	<b>12:00:00</b> 60 min CINÉ SPINNING	<b>11:30:00</b> 60 min LESMILLS <b>BODYCOMBAT</b> ES SLIMANI CHRISTELLE	<b>12:50:00</b> 20 min CINÉ SPINNING	<b>12:15:00</b> 60 min SPINNING BOURDEAU CINDY
<b>12:15:00</b> 30 min LESMILLS <b>BODYPUMP</b> ES SLIMANI CHRISTELLE	<b>13:15:00</b> 55 min CINÉ SPINNING	<b>12:20:00</b> 55 min CINÉ SPINNING	<b>12:15:00</b> 30 min LESMILLS <b>BODYATTACK</b> BOURDEAU CINDY	<b>11:45:00</b> 60 min CINÉ SPINNING	<b>13:20:00</b> 100 min CINÉ SPINNING	<b>12:30:00</b> 45 min <b>FIITEAM</b> BOXE ES SLIMANI CHRISTELLE

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>12:45:00</b> 30 min  <b>LES MILLS</b> <b>CXWORX</b>  ES SLIMANI CHRISTELLE	<b>13:15:00</b> 30 min  <b>STRETCHING</b>  BOURDEAU CINDY	<b>12:30:00</b> 45 min  <b>SPINNING</b>  GAZIELLO JOEL	<b>12:45:00</b> 25 min  <b>CINÉ</b> STRETCHING	<b>12:30:00</b> 60 min  <b>LES MILLS</b> <b>BODYBALANCE</b>  ES SLIMANI CHRISTELLE	<b>15:30:00</b> 30 min  <b>CINÉ</b> CARDIO SCULPT	<b>13:00:00</b> 45 min  <b>LES MILLS</b> <b>BODYPUMP</b>  NZEMBA ARISTOTE
<b>12:45:00</b> 45 min  <b>LES MILLS</b> <b>RPM</b>  GAZIELLO JOEL	<b>14:10:00</b> 45 min  <b>CINÉ</b> YOGA	<b>13:15:00</b> 45 min  <b>CUISSES ABDOS</b> <b>FESSIERS</b>  GAZIELLO JOEL	<b>12:45:00</b> 30 min  <b>LES MILLS</b> <b>BODYPUMP</b>  BOURDEAU CINDY	<b>12:45:00</b> 25 min  <b>CINÉ</b> YOGA	<b>16:00:00</b> 60 min  <b>CINÉ</b> SPINNING	<b>14:15:00</b> 40 min  <b>CINÉ</b> NRJ SCULPT
<b>13:15:00</b> 30 min  <b>LES MILLS</b> <b>BODYBALANCE</b>  ES SLIMANI CHRISTELLE	<b>14:15:00</b> 60 min  <b>CINÉ</b> SPINNING	<b>13:20:00</b> 60 min  <b>CINÉ</b> SPINNING	<b>13:15:00</b> 45 min  <b>CINÉ</b> SPINNING	<b>14:30:00</b> 45 min  <b>CINÉ</b> SH'BAM	<b>16:15:00</b> 30 min  <b>CINÉ</b> PILATES	<b>14:35:00</b> 60 min  <b>CINÉ</b> SPINNING
<b>14:00:00</b> 55 min  <b>CINÉ</b> SPINNING	<b>15:15:00</b> 45 min  <b>CINÉ</b> SPINNING	<b>14:05:00</b> 50 min  <b>CINÉ</b> YOGA	<b>13:15:00</b> 30 min  <b>LES MILLS</b> <b>RPM</b>  BOURDEAU CINDY	<b>15:30:00</b> 30 min  <b>CINÉ</b> HIIT	<b>17:00:00</b> 60 min  <b>CINÉ</b> SPINNING	<b>15:00:00</b> 45 min  <b>CINÉ</b> YOGA DYNAMIQUE
<b>14:30:00</b> 20 min  <b>CINÉ</b> SH'BAM	<b>16:15:00</b> 70 min  <b>CINÉ</b> SPINNING	<b>14:45:00</b> 45 min  <b>CINÉ</b> SPINNING	<b>14:00:00</b> 30 min  <b>CINÉ</b> SPINNING	<b>16:20:00</b> 60 min  <b>CINÉ</b> SPINNING	<b>17:00:00</b> 60 min  <b>LES MILLS</b> <b>BODYPUMP</b>  BARACANI ANNA-LENA	<b>15:35:00</b> 55 min  <b>CINÉ</b> SPINNING
<b>15:00:00</b> 30 min  <b>CINÉ</b> LIA	<b>16:15:00</b> 50 min  <b>CINÉ</b> NRJ SCULPT	<b>15:35:00</b> 20 min  <b>CINÉ</b> SPINNING	<b>14:30:00</b> 50 min  <b>CINÉ</b> SPINNING	<b>17:00:00</b> 60 min   NZEMBA ARISTOTE	<b>18:00:00</b> 80 min  <b>CINÉ</b> SPINNING	<b>16:00:00</b> 30 min  <b>CINÉ</b> YOGA

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<b>15:00:00</b> 45 min CINÉ SPINNING	<b>16:45:00</b> 45 min <b>STEP 1</b> BOURDEAU CINDY	<b>16:30:00</b> 60 min <b>PILATES</b> BOURDEAU CINDY	<b>15:35:00</b> 55 min CINÉ SPINNING	<b>17:25:00</b> 25 min CINÉ SPINNING	<b>18:00:00</b> 60 min <b>LES MILLS RPM</b> BARACANI ANNA-LENA	<b>16:45:00</b> 45 min <b>LES MILLS BODYPUMP</b> LAMBERT MAUD
<b>15:45:00</b> 20 min CINÉ YOGA	<b>17:30:00</b> 55 min CINÉ SPINNING	<b>17:30:00</b> 45 min <b>STEP 2</b> BOURDEAU CINDY	<b>16:35:00</b> 25 min CINÉ SPINNING	<b>18:00:00</b> 60 min <b>LES MILLS BODYPUMP</b> NZEMBA ARISTOTE	<b>18:15:00</b> 20 min CINÉ BODY BARRE	<b>17:30:00</b> 30 min <b>LES MILLS CXWORX</b> LAMBERT MAUD
<b>16:00:00</b> 35 min CINÉ SPINNING	<b>17:30:00</b> 60 min <b>CROSS TRAINING</b> BOURDEAU CINDY	<b>18:15:00</b> 30 min <b>LES MILLS CXWORX</b> GAZIELLO JOEL	<b>17:00:00</b> 30 min CINÉ SPINNING	<b>18:00:00</b> 90 min CINÉ SPINNING	<b>18:45:00</b> 20 min CINÉ CARDIO SCULPT	<b>18:00:00</b> 45 min <b>LES MILLS BODYATTACK</b> LAMBERT MAUD
<b>16:30:00</b> 60 min <b>CUISSSES ABDOS FESSIERS</b> BOURDEAU CINDY	<b>18:25:00</b> 65 min CINÉ SPINNING	<b>18:45:00</b> 45 min <b>LES MILLS BODYCOMBAT</b> BOURDEAU CINDY	<b>17:00:00</b> 75 min <b>YOGA VINYASA</b> GAZIELLO JOEL	<b>19:00:00</b> 30 min <b>STRETCHING</b> NZEMBA ARISTOTE	<b>19:15:00</b> 15 min CINÉ CARDIO SCULPT	<b>18:45:00</b> 60 min <b>LES MILLS BODYJAM</b> LAOUDI BELKACEM
<b>16:45:00</b> 45 min CINÉ SPINNING	<b>18:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> BOURDEAU CINDY	<b>18:45:00</b> 45 min <b>SPINNING</b> GAZIELLO JOEL	<b>17:30:00</b> 60 min CINÉ SPINNING			<b>18:45:00</b> 60 min <b>LES MILLS RPM</b> BOURDEAU CINDY
<b>17:30:00</b> 60 min <b>LES MILLS BODYBALANCE</b> ES SLIMANI CHRISTELLE	<b>19:30:00</b> 60 min CINÉ SPINNING	<b>19:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> BOURDEAU CINDY	<b>18:15:00</b> 60 min <b>LES MILLS BODYATTACK</b> TAJOURI SONIA			<b>19:45:00</b> 60 min <b>STEP 2</b> LAOUDI BELKACEM

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>17:45:00</b> 45 min <b>CINÉ SPINNING</b>	<b>19:30:00</b> 60 min <b>YOGA VINYASA</b> GAZIELLO JOEL	<b>20:45:00</b> 30 min <b>CINÉ HIIT</b>	<b>18:15:00</b> 45 min <b>FIITEAM FORCE</b> GAZIELLO JOEL			<b>20:00:00</b> 50 min <b>CINÉ SPINNING</b>
<b>18:30:00</b> 35 min <b>CINÉ SPINNING</b>	<b>19:30:00</b> 60 min <b>LESMILLS RPM</b> BOURDEAU CINDY		<b>18:30:00</b> 30 min <b>CINÉ SPINNING</b>			<b>21:00:00</b> 30 min <b>CINÉ SPINNING</b>
<b>18:30:00</b> 60 min <b>LESMILLS BODYCOMBAT</b> ES SLIMANI CHRISTELLE	<b>20:45:00</b> 25 min <b>CINÉ SPINNING</b>		<b>19:15:00</b> 60 min <b>CINÉ SPINNING</b>			<b>21:00:00</b> 40 min <b>CINÉ STRETCHING</b>
<b>18:30:00</b> 60 min <b>SPINNING</b> LESCH FABIEN	<b>21:15:00</b> 11 min <b>CINÉ ABDOS</b>		<b>19:15:00</b> 60 min <b>SPINNING</b> GAZIELLO JOEL			
<b>18:30:00</b> 45 min <b>FIITEAM MINCEUR</b> BOURDEAU CINDY			<b>19:15:00</b> 60 min <b>PILATES</b> TAJOURI SONIA			
<b>18:30:00</b> 60 min <b>ORIENTATION</b> BOURDEAU CINDY			<b>20:15:00</b> 25 min <b>CINÉ BODY BARRE</b>			

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>19:30:00</b> 60 min LESMILLS <b>BODYJAM</b> LESCH FABIEN			<b>20:30:00</b> 40 min CINÉ SPINNING			
<b>20:30:00</b> 50 min CINÉ SPINNING			<b>20:45:00</b> 50 min CINÉ YOGA			

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

TEL : 04 22 78 00 11

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