

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>08:45:00</b> 30 min LES MILLS <b>CXWORX</b> MAERTEN KENNY	<b>08:15:00</b> 60 min LES MILLS <b>BODYPUMP</b> FORTEMPS PREDEN	<b>09:00:00</b> 30 min <b>NRJ SCULPT</b> MAERTEN KENNY	<b>09:00:00</b> 30 min LES MILLS <b>CXWORX</b> FORTEMPS PREDEN	<b>09:00:00</b> 60 min LES MILLS <b>BODYPUMP</b> SUAREZ EMILIE	<b>10:00:00</b> 60 min LES MILLS <b>BODYPUMP</b> CYPRIEN JEAN-PIERRE	<b>08:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> PRIPP HELENA
<b>09:00:00</b> 30 min <b>ORIENTATION</b> SUAREZ EMILIE	<b>09:15:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> FORTEMPS PREDEN	<b>09:30:00</b> 30 min <b>DOS ABDOS</b> MAERTEN KENNY	<b>09:30:00</b> 45 min LES MILLS <b>BODYBALANCE</b> SUAREZ EMILIE	<b>10:00:00</b> 60 min <b>LES MILLS RPM</b> SUAREZ EMILIE	<b>11:15:00</b> 60 min <b>SPINNING</b> CYPRIEN JEAN-PIERRE	<b>09:30:00</b> 60 min <b>BODYSULPT</b> PRIPP HELENA
<b>09:15:00</b> 60 min LES MILLS <b>BODYPUMP</b> MAERTEN KENNY	<b>09:15:00</b> 60 min <b>LES MILLS RPM</b> SUAREZ EMILIE	<b>10:00:00</b> 45 min <b>STRETCHING</b> MAERTEN KENNY	<b>10:15:00</b> 60 min <b>LES MILLS RPM</b> FORTEMPS PREDEN	<b>11:00:00</b> 60 min LES MILLS <b>BODYATTACK</b> FORTEMPS PREDEN	<b>12:15:00</b> 30 min <b>CORE TRAINING</b> CYPRIEN JEAN-PIERRE	<b>09:30:00</b> 60 min <b>LES MILLS RPM</b> FORTEMPS PREDEN
<b>10:15:00</b> 30 min <b>LES MILLS RPM</b> SUAREZ EMILIE	<b>10:15:00</b> 60 min LES MILLS <b>BODYBALANCE</b> SUAREZ EMILIE	<b>12:00:00</b> 30 min LES MILLS <b>CXWORX</b> FORTEMPS PREDEN	<b>10:15:00</b> 60 min <b>ZUMBA</b> GRABSI FETHI	<b>12:00:00</b> 30 min LES MILLS <b>CXWORX</b> FORTEMPS PREDEN		<b>10:30:00</b> 45 min <b>STRETCHING</b> FORTEMPS PREDEN
<b>10:30:00</b> 30 min <b>FIITEAM</b> MAERTEN KENNY	<b>10:15:00</b> 30 min <b>FIITEAM</b> FORTEMPS PREDEN	<b>12:30:00</b> 60 min <b>CROSS TRAINING</b> MAERTEN KENNY	<b>10:30:00</b> 30 min <b>ORIENTATION</b> SUAREZ EMILIE			<b>12:00:00</b> 30 min LES MILLS <b>CXWORX</b> FORTEMPS PREDEN
<b>10:45:00</b> 30 min LES MILLS <b>sprint</b> SUAREZ EMILIE	<b>12:30:00</b> 60 min LES MILLS <b>BODYPUMP</b> SUAREZ EMILIE	<b>12:30:00</b> 30 min <b>LES MILLS RPM</b> FORTEMPS PREDEN	<b>12:00:00</b> 30 min <b>ORIENTATION</b> SUAREZ EMILIE			<b>12:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> FORTEMPS PREDEN

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>12:30:00</b> 45 min <b>LESMILLS</b> <b>BODYCOMBAT</b> SUAREZ EMILIE	<b>12:30:00</b> 60 min <b>LESMILLS</b> <b>RPM</b> FORTEMPS PREDEN	<b>13:00:00</b> 30 min <b>LESMILLS</b> <b>sprint</b> FORTEMPS PREDEN	<b>12:30:00</b> 45 min <b>LESMILLS</b> <b>BODYPUMP</b> SUAREZ EMILIE			<b>12:30:00</b> 30 min <b>LESMILLS</b> <b>RPM</b> SUAREZ EMILIE
<b>12:30:00</b> 60 min <b>LESMILLS</b> <b>RPM</b> MAERTEN KENNY	<b>14:00:00</b> 120 min <b>KID'S ACADEMY</b> <b>8-12 ANS</b> PIROTON NATHANAELLE	<b>13:30:00</b> 30 min <b>FIITEAM</b> MAERTEN KENNY	<b>12:30:00</b> 30 min <b>FIITEAM</b> SUAREZ EMILIE			<b>13:00:00</b> 30 min <b>LESMILLS</b> <b>sprint</b> SUAREZ EMILIE
<b>17:30:00</b> 60 min <b>LESMILLS</b> <b>BODYBALANCE</b> DURAND LAETITIA	<b>17:00:00</b> 30 min <b>LESMILLS</b> <b>CXWORX</b> MAERTEN KENNY	<b>17:30:00</b> 60 min <b>LESMILLS</b> <b>BODYJAM</b> FORTEMPS PREDEN	<b>16:30:00</b> 60 min <b>LESMILLS</b> <b>BODYPUMP</b> FORTEMPS PREDEN			<b>14:30:00</b> 120 min <b>YOGA</b> RINFRAY FRANCOISE
<b>18:30:00</b> 60 min <b>STEP 2</b> DURAND LAETITIA	<b>17:30:00</b> 60 min <b>LESMILLS</b> <b>BODYPUMP</b> MAERTEN KENNY	<b>18:30:00</b> 60 min <b>LESMILLS</b> <b>BODYATTACK</b> SUAREZ EMILIE	<b>17:30:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b> JOUANNY JOEL			<b>17:30:00</b> 60 min <b>CROSS</b> <b>TRAINING</b> MAERTEN KENNY
<b>18:30:00</b> 30 min <b>LESMILLS</b> <b>RPM</b> FORTEMPS PREDEN	<b>18:30:00</b> 60 min <b>LESMILLS</b> <b>BODYCOMBAT</b> SUAREZ EMILIE	<b>19:30:00</b> 60 min <b>ZUMBA</b> GRABSI FETHI	<b>18:00:00</b> 30 min <b>LESMILLS</b> <b>sprint</b> FORTEMPS PREDEN			<b>18:30:00</b> 60 min <b>LESMILLS</b> <b>BODYPUMP</b> SUAREZ EMILIE
<b>19:00:00</b> 30 min <b>LESMILLS</b> <b>sprint</b> FORTEMPS PREDEN	<b>18:30:00</b> 60 min <b>LESMILLS</b> <b>RPM</b> MAERTEN KENNY	<b>19:30:00</b> 60 min <b>LESMILLS</b> <b>RPM</b> SUAREZ EMILIE	<b>18:30:00</b> 60 min <b>BODYSULPT</b> JOUANNY JOEL			<b>19:00:00</b> 30 min <b>LESMILLS</b> <b>sprint</b> MAERTEN KENNY

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>19:45:00</b> 45 min  <b>CROSS TRAINING</b>  FORTEMPS PREDEN	<b>19:30:00</b> 60 min  <b>LES MILLS BODYBALANCE</b>  SUAREZ EMILIE	<b>19:30:00</b> 30 min  <b>ORIENTATION</b>  FORTEMPS PREDEN	<b>18:30:00</b> 60 min  <b>LES MILLS RPM</b>  FORTEMPS PREDEN			<b>19:30:00</b> 60 min  <b>LES MILLS BODYATTACK</b>  SUAREZ EMILIE
	<b>19:45:00</b> 30 min  <b>ORIENTATION</b>  MAERTEN KENNY		<b>19:30:00</b> 60 min  <b>STRETCHING</b>  JOUANNY JOEL			<b>19:30:00</b> 60 min  <b>LES MILLS RPM</b>  MAERTEN KENNY
	<b>20:00:00</b> 30 min  <b>FIITEAM</b>  MAERTEN KENNY					<b>19:30:00</b> 30 min  <b>ORIENTATION</b>
						<b>20:30:00</b> 30 min  <b>LES MILLS CXWORX</b>  MAERTEN KENNY

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