

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:30:00</b> 60 min CINÉ SPINNING	<b>07:15:00</b> 45 min CINÉ PILATES
<b>07:45:00</b> 30 min CINÉ SWISS BALL	<b>07:45:00</b> 45 min CINÉ YOGA	<b>07:45:00</b> 60 min CINÉ HIIT	<b>07:45:00</b> 30 min CINÉ SWISS BALL	<b>08:30:00</b> 45 min CINÉ PILATES	<b>08:30:00</b> 45 min CINÉ YOGA	<b>07:30:00</b> 60 min CINÉ SPINNING
<b>08:30:00</b> 30 min DOS ABDOS BOURGEOIS ELODIE	<b>08:30:00</b> 30 min ABDOS FESSIERS CYPRIEN JEAN-PIERRE	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min STRETCHING TAJOURI SONIA	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min BODYSCULPT PETITGENET LAETITIA
<b>08:30:00</b> 60 min CINÉ SPINNING	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>09:00:00</b> 60 min CUISSSES ABDOS FESSIERS SAMUELIAN MICHAEL	<b>08:30:00</b> 60 min CINÉ SPINNING	<b>09:30:00</b> 60 min PILATES PETITGENET LAETITIA	<b>09:30:00</b> 60 min BODY PUMP CXWORX SIMON FANNY	<b>08:30:00</b> 60 min CINÉ SPINNING
<b>09:00:00</b> 30 min STRETCHING BOURGEOIS ELODIE	<b>09:00:00</b> 60 min BODYSCULPT CYPRIEN JEAN-PIERRE	<b>10:00:00</b> 45 min NRJ SCULPT BONZOM OLIVIER	<b>09:30:00</b> 60 min PILATES TAJOURI SONIA	<b>09:30:00</b> 60 min CINÉ SPINNING	<b>09:30:00</b> 60 min CINÉ SPINNING	<b>09:30:00</b> 60 min STRETCHING PETITGENET LAETITIA
<b>09:30:00</b> 45 min PILATES BOURGEOIS ELODIE	<b>09:30:00</b> 60 min CINÉ SPINNING	<b>10:00:00</b> 60 min LESMILLS RPM SAMUELIAN MICHAEL	<b>09:30:00</b> 60 min CINÉ SPINNING	<b>10:30:00</b> 60 min LESMILLS BODYBALANCE PETITGENET LAETITIA	<b>10:30:00</b> 60 min LESMILLS BODYJAM SIMON FANNY	<b>09:30:00</b> 60 min CINÉ SPINNING

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>09:30:00</b> 60 min <b>CINÉ SPINNING</b> 	<b>10:00:00</b> 30 min <b>STRETCHING</b> CYPRIEN JEAN-PIERRE	<b>11:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>09:30:00</b> 60 min <b>ORIENTATION</b> BONZOM OLIVIER	<b>10:30:00</b> 60 min <b>LES MILLS RPM</b> CHAGNEAU STEEVE	<b>10:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>10:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> BONZOM OLIVIER
<b>10:15:00</b> 45 min <b>LES MILLS BODYBALANCE</b> BOURGEOIS ELODIE	<b>10:30:00</b> 60 min <b>CINÉ ZUMBA</b>	<b>11:30:00</b> 30 min <b>FIITEAM</b> SAMUELIAN MICHAEL	<b>10:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> CYPRIEN JEAN-PIERRE	<b>11:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> CHAGNEAU STEEVE	<b>11:30:00</b> 45 min <b>ZUMBA</b> SIMON FANNY	<b>10:30:00</b> 60 min <b>LES MILLS RPM</b> SAMUELIAN MICHAEL
<b>10:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>10:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>12:15:00</b> 45 min <b>LES MILLS BODYPUMP</b> SAMUELIAN MICHAEL	<b>10:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>11:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>11:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>11:30:00</b> 60 min <b>KUDURO FIT</b>
<b>11:00:00</b> 60 min <b>YOGA VINYASA</b> BOURGEOIS ELODIE	<b>11:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>12:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>11:30:00</b> 30 min <b>LES MILLS CXWORX</b> CYPRIEN JEAN-PIERRE	<b>12:30:00</b> 45 min <b>LES MILLS BODYCOMBAT</b> CHAGNEAU STEEVE	<b>12:30:00</b> 60 min <b>CINÉ BODY BOXE</b>	<b>11:30:00</b> 60 min <b>CINÉ SPINNING</b>
<b>11:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>12:15:00</b> 60 min <b>LES MILLS BODYBALANCE</b> SAMUELIAN MICHAEL	<b>13:00:00</b> 30 min <b>ABDOS FESSIERS</b> SAMUELIAN MICHAEL	<b>11:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>12:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>12:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>12:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> BONZOM OLIVIER
<b>12:15:00</b> 45 min <b>CUISSES ABDOS FESSIERS</b> BONZOM OLIVIER	<b>12:30:00</b> 60 min <b>SPINNING</b> CYPRIEN JEAN-PIERRE	<b>13:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>12:15:00</b> 45 min <b>DOS ABDOS</b> BONZOM OLIVIER	<b>13:15:00</b> 45 min <b>CINÉ YOGA</b>	<b>13:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>12:30:00</b> 60 min <b>CINÉ SPINNING</b>

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> 60 min CINÉ SPINNING	<b>13:30:00</b> 60 min CINÉ BODY BOXE	<b>14:00:00</b> 60 min CINÉ BODY SCULPT	<b>12:30:00</b> 60 min SPINNING CYPRIEN JEAN-PIERRE	<b>13:30:00</b> 60 min CINÉ SPINNING	<b>14:00:00</b> 60 min CINÉ HIIT	<b>12:30:00</b> 30 min FIITEAM SAMUELIAN MICHAEL
<b>13:00:00</b> 30 min STRETCHING BONZOM OLIVIER	<b>13:30:00</b> 60 min CINÉ SPINNING	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>13:00:00</b> 45 min STRETCHING BONZOM OLIVIER	<b>14:00:00</b> 120 min KID'S ACADEMY 8-12 ANS LALLEMAND CHLOE	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>13:30:00</b> 60 min CINÉ SPINNING
<b>13:30:00</b> 60 min CINÉ SPINNING	<b>14:30:00</b> 60 min CINÉ BODY BOXE	<b>15:30:00</b> 60 min YOGA VINYASA MORALI MAGALI	<b>13:30:00</b> 60 min CINÉ SPINNING	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>15:00:00</b> 60 min CINÉ BODY BOXE	<b>14:00:00</b> 60 min CINÉ ZUMBA
<b>14:00:00</b> 60 min CINÉ SWISS BALL	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>14:00:00</b> 90 min YOGA HATHA DULBECCO MARTINE	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>14:30:00</b> 60 min CINÉ SPINNING
<b>14:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ BODY COMBAT	<b>16:30:00</b> 60 min YOGA HATHA MORALI MAGALI	<b>14:30:00</b> 60 min CINÉ SPINNING	<b>16:00:00</b> 30 min CINÉ HIIT	<b>16:00:00</b> 60 min CINÉ PILATES	<b>15:00:00</b> 30 min CINÉ PILATES
<b>15:30:00</b> 60 min CINÉ BODY SCULPT	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>16:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ BODY BOXE	<b>16:30:00</b> 30 min CINÉ HIIT	<b>16:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ YOGA

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>15:30:00</b> 60 min CINÉ SPINNING	<b>16:30:00</b> 60 min LESMILLS <b>BODYBALANCE</b> SAMUELIAN MICHAEL	<b>17:30:00</b> 60 min CINÉ SPINNING	<b>15:30:00</b> 60 min CINÉ SPINNING	<b>16:30:00</b> 60 min CINÉ SPINNING	<b>17:00:00</b> 60 min LESMILLS <b>BODYPUMP</b> SAMUELIAN MICHAEL	<b>15:30:00</b> 60 min CINÉ SPINNING
<b>16:30:00</b> 60 min CINÉ BODY BOXE	<b>16:30:00</b> 60 min CINÉ SPINNING	<b>18:00:00</b> 30 min LESMILLS <b>CXWORX</b> SAMUELIAN MICHAEL	<b>16:30:00</b> 60 min CINÉ ZUMBA	<b>17:00:00</b> 60 min <b>BODYATTACK CXWORX</b> SAMUELIAN MICHAEL	<b>18:00:00</b> 60 min CINÉ STRETCHING	<b>16:30:00</b> 60 min CINÉ PILATES
<b>16:30:00</b> 60 min CINÉ SPINNING	<b>17:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> NZEMBA ARISTOTE	<b>18:30:00</b> 60 min <b>SPINNING</b> SAMUELIAN MICHAEL	<b>16:30:00</b> 60 min CINÉ SPINNING	<b>18:00:00</b> 120 min <b>YOGA</b> MATYSIAK AMIYA	<b>18:00:00</b> 60 min <b>SPINNING</b> SAMUELIAN MICHAEL	<b>16:30:00</b> 60 min CINÉ SPINNING
<b>17:30:00</b> 60 min LESMILLS <b>BODYPUMP</b> SAMUELIAN MICHAEL	<b>17:30:00</b> 60 min CINÉ SPINNING	<b>18:30:00</b> 60 min LESMILLS <b>BODYATTACK</b> BONZOM OLIVIER	<b>17:30:00</b> 30 min CINÉ HIIT	<b>18:00:00</b> 60 min <b>SPINNING</b> SAMUELIAN MICHAEL	<b>19:00:00</b> 60 min CINÉ SPINNING	<b>17:30:00</b> 60 min <b>CUISSES ABDOS FESSIERS</b> SAMUELIAN MICHAEL
<b>17:30:00</b> 60 min CINÉ SPINNING	<b>18:30:00</b> 60 min <b>LESMILLS RPM</b> BONZOM OLIVIER	<b>19:30:00</b> 60 min  <b>ZUMBA</b> SMALL	<b>17:30:00</b> 60 min CINÉ SPINNING	<b>19:00:00</b> 60 min CINÉ SPINNING		<b>17:30:00</b> 60 min CINÉ SPINNING
<b>18:30:00</b> 60 min LESMILLS <b>BODYCOMBAT</b> CHAGNEAU STEEVE	<b>18:30:00</b> 60 min LESMILLS <b>BODYJAM</b> NZEMBA ARISTOTE	<b>19:30:00</b> 120 min CINÉ SPINNING	<b>18:00:00</b> 30 min LESMILLS <b>CXWORX</b> SAMUELIAN MICHAEL			<b>17:30:00</b> 60 min <b>ORIENTATION</b> BONZOM OLIVIER

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>18:30:00</b> 60 min <b>CINÉ SPINNING</b> SAMUELIAN MICHAEL	<b>18:30:00</b> 60 min <b>ORIENTATION</b> SAMUELIAN MICHAEL	<b>20:30:00</b> 60 min <b>CINÉ BODY SCULPT</b>	<b>18:30:00</b> 60 min <b>LESMILLS BODYPUMP</b> SAMUELIAN MICHAEL			<b>18:30:00</b> 60 min <b>SPINNING</b> SAMUELIAN MICHAEL
<b>18:30:00</b> 30 min <b>FIITEAM</b> SAMUELIAN MICHAEL	<b>19:30:00</b> 60 min <b>LESMILLS BODYPUMP</b> SAMUELIAN MICHAEL		<b>18:30:00</b> 60 min <b>CINÉ SPINNING</b>			<b>18:30:00</b> 60 min <b>LESMILLS BODYATTACK</b> BONZOM OLIVIER
<b>19:30:00</b> 60 min <b>LESMILLS RPM</b> SAMUELIAN MICHAEL	<b>19:30:00</b> 120 min <b>CINÉ SPINNING</b>		<b>18:30:00</b> 30 min <b>FIITEAM</b> SAMUELIAN MICHAEL			<b>19:30:00</b> 60 min <b>STRETCHING</b> SAMUELIAN MICHAEL
<b>19:30:00</b> 45 min <b>CROSS TRAINING</b> CHAGNEAU STEEVE	<b>20:30:00</b> 30 min <b>LESMILLS CXWORX</b> SAMUELIAN MICHAEL		<b>19:00:00</b> 60 min <b>ORIENTATION</b> SAMUELIAN MICHAEL			<b>19:30:00</b> 120 min <b>CINÉ SPINNING</b>
<b>20:15:00</b> 60 min <b>CINÉ STRETCHING</b>			<b>19:30:00</b> 60 min <b>LESMILLS BODYBALANCE</b> SAMUELIAN MICHAEL			<b>20:30:00</b> 30 min <b>CINÉ ZUMBA</b>
<b>20:30:00</b> 60 min <b>CINÉ SPINNING</b>			<b>19:30:00</b> 120 min <b>CINÉ SPINNING</b>			<b>21:00:00</b> 30 min <b>CINÉ HIIT</b>

**MARDI**  
22/01

**MERCREDI**  
23/01

**JEUDI**  
24/01

**VENDREDI**  
25/01

**SAMEDI**  
26/01

**DIMANCHE**  
27/01

**LUNDI**  
28/01

**20:30:00**  
60 min

**CINÉ**  
STRETCHING

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

TEL : 04 93 33 30 08  
Chemin des sables - 06160