

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
08:30:00 60 min BODYSULPT SZILAGGI NICOLAS	08:30:00 45 min DOS ABDOS CHAGNEAU STEEVE	08:00:00 90 min YOGA OTTONELLO MYRIAM	08:30:00 60 min LESMILLS BODYPUMP MEERNOUT NINA	08:30:00 30 min FIITEAM VERLET JULES	09:15:00 45 min SPINNING ARRON YOURI	08:30:00 45 min CUISSES ABDOS FESSIERS SZILAGGI NICOLAS
09:30:00 60 min LESMILLS BODYBALANCE CASTA LAURE	09:15:00 60 min LESMILLS BODYPUMP CHAGNEAU STEEVE	09:00:00 60 min ORIENTATION VERLET JULES	09:30:00 60 min LESMILLS BODYATTACK SZILAGGI NICOLAS	09:00:00 60 min LESMILLS BODYPUMP VERLET JULES	10:00:00 45 min LESMILLS BODYPUMP ARRON YOURI	09:15:00 60 min LESMILLS BODYPUMP SZILAGGI NICOLAS
09:30:00 60 min SPINNING SZILAGGI NICOLAS	10:15:00 60 min LESMILLS BODYCOMBAT CHAGNEAU STEEVE	09:30:00 60 min PILATES CASTA LAURE	09:45:00 30 min SPINNING MEERNOUT NINA	10:00:00 60 min LESMILLS BODYCOMBAT VERLET JULES	10:45:00 45 min LESMILLS BODYATTACK ARRON YOURI	10:15:00 30 min LESMILLS CXWORX SZILAGGI NICOLAS
10:30:00 45 min CUISSES ABDOS FESSIERS SZILAGGI NICOLAS	11:15:00 60 min STRETCHING CASTA LAURE	10:30:00 60 min LESMILLS BODYPUMP CASTA LAURE	10:30:00 60 min BODYSULPT MEERNOUT NINA	11:15:00 60 min SPINNING SZILAGGI NICOLAS	11:30:00 60 min CXWORX STRETCHING ARRON YOURI	10:30:00 60 min ORIENTATION VERLET JULES
11:15:00 60 min PILATES CASTA LAURE	12:15:00 30 min LESMILLS BODYATTACK ARRON YOURI	11:30:00 30 min LESMILLS CXWORX VERLET JULES	11:30:00 45 min STRETCHING MEERNOUT NINA	11:15:00 60 min LESMILLS BODYJAM SZILAGGI NICOLAS	17:00:00 45 min LESMILLS BODYPUMP SZILAGGI NICOLAS	10:45:00 45 min STRETCHING CASTA LAURE
12:15:00 60 min CROSS TRAINING SZILAGGI NICOLAS	12:30:00 60 min LESMILLS RPM CASTA LAURE	12:15:00 60 min ZUMBA LAMBERT MAUD	12:15:00 60 min SPINNING MEERNOUT NINA	12:15:00 60 min LESMILLS BODYBALANCE SZILAGGI NICOLAS	17:45:00 30 min LESMILLS CXWORX SZILAGGI NICOLAS	11:30:00 30 min FIITEAM SZILAGGI NICOLAS

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
12:30:00 60 min LES MILLS RPM VERLET JULES	12:45:00 30 min LES MILLS BODYPUMP ARRON YOURI	12:30:00 60 min LES MILLS RPM VERLET JULES	12:30:00 60 min LES MILLS BODYPUMP CASTA LAURE	12:30:00 60 min ORIENTATION VERLET JULES	18:15:00 45 min LES MILLS BODYBALANCE SZILAGGI NICOLAS	12:15:00 60 min SPINNING GRABSI FETHI
13:15:00 30 min LES MILLS CXWORX SZILAGGI NICOLAS	13:15:00 30 min STRETCHING ARRON YOURI	13:15:00 60 min YOGA LAMBERT MAUD	13:30:00 30 min STRETCHING CASTA LAURE	16:30:00 60 min LES MILLS BODYPUMP SZILAGGI NICOLAS		12:30:00 45 min LES MILLS BODYCOMBAT VERLET JULES
15:30:00 60 min BODYSULPT VERLET JULES	17:30:00 60 min CUISSES ABDOS FESSIERS FAUVEAU SOPHIE	15:30:00 60 min DOS ABDOS ARRON YOURI	16:00:00 90 min YOGA OTTONELLO MYRIAM	17:30:00 30 min LES MILLS CXWORX SZILAGGI NICOLAS		13:15:00 45 min LES MILLS BODYBALANCE CASTA LAURE
16:30:00 60 min PILATES CASTA LAURE	18:30:00 60 min LADY DANCE FAUVEAU SOPHIE	16:30:00 30 min STRETCHING ARRON YOURI	17:30:00 60 min LES MILLS BODYPUMP ARRON YOURI	18:00:00 60 min LES MILLS BODYATTACK SZILAGGI NICOLAS		15:00:00 45 min CUISSES ABDOS FESSIERS VERLET JULES
17:30:00 60 min LES MILLS BODYJAM SZILAGGI NICOLAS	18:30:00 60 min ORIENTATION ARRON YOURI	17:00:00 30 min LES MILLS CXWORX ARRON YOURI	18:00:00 60 min LES MILLS RPM VERLET JULES			15:45:00 45 min STRETCHING ARRON YOURI
17:30:00 60 min LES MILLS RPM CASTA LAURE	19:30:00 60 min PILATES FAUVEAU SOPHIE	17:30:00 60 min CROSS TRAINING ARRON YOURI	18:30:00 30 min LES MILLS CXWORX ARRON YOURI			17:00:00 60 min LES MILLS BODYPUMP VERLET JULES

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
18:30:00 60 min LESMILLS BODYCOMBAT VERLET JULES	19:30:00 60 min SPINNING ARRON YOURI	18:30:00 60 min LESMILLS BODYBALANCE LESCH FABIEN	19:00:00 60 min LESMILLS BODYCOMBAT VERLET JULES			18:00:00 30 min LESMILLS CXWORX ARRON YOURI
18:30:00 60 min SPINNING SZILAGGI NICOLAS	20:30:00 60 min LESMILLS BODYPUMP ARRON YOURI	18:30:00 60 min SPINNING ARRON YOURI	19:00:00 60 min ORIENTATION ARRON YOURI			18:30:00 60 min LESMILLS BODYATTACK ARRON YOURI
19:30:00 60 min LESMILLS BODYPUMP CASTA LAURE		19:30:00 60 min LESMILLS BODYJAM LESCH FABIEN	19:15:00 30 min FIITEAM ARRON YOURI			18:30:00 60 min LESMILLS RPM VERLET JULES
19:30:00 30 min FIITEAM VERLET JULES		20:30:00 60 min HIP HOP LESCH FABIEN	20:00:00 45 min STRETCHING VERLET JULES			19:30:00 60 min CUISSES ABDOS FESSIERS VERLET JULES
20:30:00 30 min LESMILLS CXWORX VERLET JULES						19:45:00 60 min SPINNING ARRON YOURI
						20:30:00 60 min CROSS TRAINING VERLET JULES

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

TEL : 04 92 00 02 04
7 Rue Halévy - 06000