


MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
07:15:00 60 min CROSS TRAINING TEODORESCU CORA	08:15:00 60 min PILATES CACCAVELLI ARNO	07:30:00 60 min LES MILLS BODYPUMP CHAGNEAU STEEVE	08:45:00 60 min CROSS TRAINING TEODORESCU CORA	08:15:00 45 min CUISSES ABDOS FESSIERS MEERNOUT NINA	09:15:00 60 min SPINNING CACCAVELLI ARNO	08:45:00 30 min DOS ABDOS CACCAVELLI ARNO
08:15:00 60 min SPINNING TEODORESCU CORA	09:15:00 60 min LES MILLS BODYPUMP CACCAVELLI ARNO	08:30:00 60 min SPINNING CHAGNEAU STEEVE	09:15:00 60 min SPINNING CACCAVELLI ARNO	09:00:00 60 min SPINNING MEERNOUT NINA	10:15:00 60 min LES MILLS BODYPUMP CACCAVELLI ARNO	09:15:00 60 min BODYSculPT CACCAVELLI ARNO
08:15:00 60 min LES MILLS BODYBALANCE CHAIX LAETITIA	10:15:00 45 min STRETCHING TEODORESCU CORA	08:45:00 45 min CROSS TRAINING PERRINO KEVIN	09:45:00 30 min STRETCHING TEODORESCU CORA	09:00:00 60 min PILATES MALARA ELSA	11:15:00 60 min LES MILLS BODYATTACK CACCAVELLI ARNO	10:15:00 60 min SPINNING CACCAVELLI ARNO
09:15:00 60 min LES MILLS RPM CHAIX LAETITIA	10:30:00 60 min LES MILLS RPM WILHELM SABRINA	09:30:00 60 min LES MILLS BODYBALANCE WILHELM SABRINA	10:15:00 60 min LES MILLS BODYPUMP TEODORESCU CORA	10:00:00 60 min LES MILLS RPM MALARA ELSA	17:30:00 60 min LES MILLS RPM CHAIX LAETITIA	10:15:00 60 min STRETCHING PERRINO KEVIN
09:15:00 60 min CUISSES ABDOS FESSIERS TEODORESCU CORA	11:00:00 75 min YOGA TEODORESCU CORA	10:30:00 60 min LES MILLS BODYCOMBAT PERRINO KEVIN	11:30:00 45 min PILATES CACCAVELLI ARNO	10:00:00 60 min LES MILLS BODYPUMP MEERNOUT NINA	18:30:00 60 min LES MILLS BODYBALANCE CHAIX LAETITIA	11:15:00 30 min SPECIAL ABDOS PERRINO KEVIN
09:30:00 45 min ORIENTATION PERRINO KEVIN	12:30:00 45 min SPINNING CACCAVELLI ARNO	11:30:00 60 min ZUMBA PERRINO KEVIN	12:15:00 60 min SPINNING CHAGNEAU STEEVE	11:00:00 30 min CORE TRAINING MALARA ELSA		12:15:00 60 min LES MILLS RPM PERRINO KEVIN

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
10:15:00 60 min LES MILLS BODYJAM PERRINO KEVIN	12:30:00 60 min LES MILLS BODYPUMP TEODORESCU CORA	12:30:00 60 min LES MILLS RPM PERRINO KEVIN	12:15:00 60 min LES MILLS BODYBALANCE FAUVEAU SOPHIE	11:30:00 60 min LES MILLS BODYJAM LAMBERT MAUD		12:15:00 60 min LES MILLS BODYJAM FAUVEAU SOPHIE
11:15:00 60 min LES MILLS BODYPUMP PERRINO KEVIN	14:30:00 60 min CUISSES ABDOS FESSIERS PERRINO KEVIN	12:30:00 45 min CROSS TRAINING MEERNOUT NINA	13:00:00 30 min FIITEAM CACCAVELLI ARNO	12:30:00 60 min LES MILLS BODYBALANCE LAMBERT MAUD		12:15:00 30 min FIITEAM CACCAVELLI ARNO
12:15:00 60 min LES MILLS BODYCOMBAT WILHELM SABRINA	16:30:00 60 min LES MILLS BODYCOMBAT PERRINO KEVIN	13:15:00 45 min BODYSULPT MEERNOUT NINA	13:15:00 60 min LADY DANCE FAUVEAU SOPHIE	12:30:00 30 min FIITEAM MEERNOUT NINA		13:00:00 45 min ORIENTATION CACCAVELLI ARNO
12:30:00 60 min SPINNING TEODORESCU CORA	17:30:00 60 min LES MILLS RPM MEERNOUT NINA	15:30:00 60 min LES MILLS BODYPUMP TEODORESCU CORA	13:30:00 45 min ORIENTATION CACCAVELLI ARNO	15:00:00 60 min LES MILLS BODYATTACK CACCAVELLI ARNO		13:15:00 60 min PILATES FAUVEAU SOPHIE
12:30:00 30 min FIITEAM PERRINO KEVIN	17:30:00 60 min LES MILLS BODYPUMP PERRINO KEVIN	16:30:00 60 min CUISSES ABDOS FESSIERS MEERNOUT NINA	15:00:00 90 min YOGA TEODORESCU CORA	16:00:00 60 min SPINNING CACCAVELLI ARNO		14:30:00 60 min LES MILLS BODYPUMP CACCAVELLI ARNO
13:15:00 60 min LES MILLS BODYBALANCE WILHELM SABRINA	18:30:00 90 min SPINNING TEODORESCU CORA	17:30:00 60 min SPINNING TEODORESCU CORA	16:30:00 60 min LES MILLS BODYPUMP WILHELM SABRINA	17:00:00 60 min LES MILLS BODYPUMP CACCAVELLI ARNO		15:30:00 60 min LES MILLS BODYBALANCE WILHELM SABRINA

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
14:30:00 90 min YOGA TEODORESCU CORA	18:30:00 60 min  PERRINO KEVIN	17:30:00 60 min LESMILLS BODYJAM LAMBERT MAUD	17:30:00 60 min LESMILLS RPM WILHELM SABRINA			16:30:00 60 min LESMILLS BODYATTACK PERRINO KEVIN
16:00:00 60 min  PERRINO KEVIN	19:30:00 60 min LESMILLS BODYPUMP MEERNOUT NINA	18:30:00 45 min ORIENTATION	17:30:00 60 min LESMILLS BODYBALANCE MALARA ELSA			17:30:00 60 min LESMILLS RPM PERRINO KEVIN
17:00:00 60 min PILATES WILHELM SABRINA		18:30:00 60 min SPINNING TEODORESCU CORA	18:30:00 60 min LESMILLS RPM MALARA ELSA			17:30:00 60 min CUISSES ABDOS FESSIERS WILHELM SABRINA
17:30:00 60 min SPINNING MEERNOUT NINA		18:30:00 60 min LESMILLS BODYATTACK LAMBERT MAUD	18:30:00 60 min LESMILLS BODYCOMBAT WILHELM SABRINA			18:30:00 60 min SPINNING CACCAVELLI ARNO
18:00:00 30 min STRETCHING WILHELM SABRINA		19:30:00 60 min LESMILLS BODYPUMP TEODORESCU CORA	19:30:00 60 min LESMILLS BODYJAM WILHELM SABRINA			18:30:00 60 min LESMILLS BODYJAM LESCH FABIEN
18:30:00 60 min LESMILLS BODYPUMP WILHELM SABRINA		20:30:00 60 min STRETCHING TEODORESCU CORA				19:30:00 60 min LESMILLS BODYBALANCE LESCH FABIEN

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
19:30:00 60 min LES MILLS RPM MEERNOUT NINA						
19:30:00 60 min LES MILLS BODYJAM WILHELM SABRINA						
20:30:00 60 min CROSS TRAINING MEERNOUT NINA						

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