

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
07:30:00 45 min CINÉ SPINNING	07:30:00 45 min CINÉ SPINNING	07:30:00 45 min CINÉ SPINNING	07:30:00 45 min CINÉ SPINNING	08:15:00 30 min <b>FIITEAM FORCE</b> STIEN JULIE	08:30:00 45 min CINÉ SPINNING	07:30:00 45 min CINÉ SPINNING
08:00:00 30 min <b>FIITEAM CARDIO</b> MATIATOS DENIS	08:30:00 60 min <b>BODYSculPT</b> HENRY TONY	08:00:00 30 min <b>FIITEAM FORCE</b> MATIATOS DENIS	08:30:00 45 min CINÉ SPINNING	08:30:00 45 min CINÉ SPINNING	09:30:00 60 min <b>LES MILLS RPM</b> SUAREZ EMILIE	07:30:00 45 min CINÉ SPINNING
08:30:00 60 min <b>BODY PUMP CXWORX</b> STIEN JULIE	08:30:00 45 min CINÉ SPINNING	08:30:00 60 min <b>PILATES</b> BOURGEOIS ELODIE	08:30:00 60 min <b>CXWORX BODYBALANCE</b> STIEN JULIE	09:00:00 45 min <b>TAILLE ABDOS FESSIERSS</b> STIEN JULIE	10:30:00 45 min CINÉ SPINNING	08:00:00 30 min <b>FIITEAM MINCEUR</b> STIEN JULIE
08:30:00 45 min CINÉ SPINNING	09:30:00 60 min <b>CXWORX STRETCHING</b> HENRY TONY	08:30:00 45 min CINÉ SPINNING	09:30:00 45 min CINÉ SPINNING	09:30:00 45 min CINÉ SPINNING	10:30:00 60 min <b>LES MILLS BODYPUMP</b> SUAREZ EMILIE	08:30:00 45 min CINÉ SPINNING
09:30:00 60 min <b>SPINNING</b> STIEN JULIE	09:30:00 45 min CINÉ SPINNING	09:30:00 60 min <b>LES MILLS BODYBALANCE</b> BOURGEOIS ELODIE	09:30:00 60 min <b>LES MILLS BODYPUMP</b> STIEN JULIE	09:45:00 45 min <b>LES MILLS BODYPUMP</b> STIEN JULIE	11:30:00 45 min CINÉ SPINNING	08:30:00 45 min CINÉ SPINNING
09:30:00 60 min <b>STRETCHING</b> DURAND LAETITIA	10:30:00 60 min <b>LES MILLS BODYPUMP</b> HENRY TONY	09:30:00 45 min CINÉ SPINNING	10:30:00 60 min <b>LES MILLS RPM</b> STIEN JULIE	10:30:00 45 min CINÉ SPINNING	11:30:00 30 min <b>STRETCHING</b> SUAREZ EMILIE	08:45:00 45 min <b>LES MILLS tone</b> STIEN JULIE

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>10:00:00</b> 30 min <b>ORIENTATION</b> MATIATOS DENIS	<b>10:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>10:30:00</b> 90 min <b>YOGA VINYASA</b> BOURGEOIS ELODIE	<b>11:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>10:30:00</b> 45 min <b>LES MILLS tone</b> STIEN JULIE	<b>12:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>09:30:00</b> 60 min <b>BODYSULPT</b> STIEN JULIE
<b>10:30:00</b> 60 min <b>BODYSULPT</b> DURAND LAETITIA	<b>11:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>10:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>11:30:00</b> 60 min <b>BODYSULPT</b> TAJOURI SONIA	<b>11:30:00</b> 60 min <b>SPINNING</b> STIEN JULIE	<b>13:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>09:30:00</b> 45 min <b>CINÉ SPINNING</b>
<b>10:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>12:30:00</b> 60 min <b>LES MILLS RPM</b> STIEN JULIE	<b>11:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>12:30:00</b> 60 min <b>SPINNING</b> STIEN JULIE	<b>11:30:00</b> 60 min <b>PILATES</b> MEUNIER SOPHIE	<b>15:00:00</b> 60 min <b>CINÉ SPINNING</b>	<b>09:30:00</b> 45 min <b>CINÉ SPINNING</b>
<b>11:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>12:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> MATIATOS DENIS	<b>12:30:00</b> 60 min <b>LES MILLS RPM</b> MATIATOS DENIS	<b>12:30:00</b> 60 min <b>PILATES</b> TAJOURI SONIA	<b>12:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>16:00:00</b> 60 min <b>CINÉ SPINNING</b>	<b>10:30:00</b> 60 min <b>LES MILLS RPM</b> MATIATOS DENIS
<b>12:30:00</b> 60 min <b>SPINNING</b> STIEN JULIE	<b>14:00:00</b> 30 min <b>FIITEAM MINCEUR</b> COURS ANNULE	<b>12:30:00</b> 45 min <b>LES MILLS tone</b> STIEN JULIE	<b>13:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>12:30:00</b> 60 min <b>ZUMBA</b> MEUNIER SOPHIE	<b>17:00:00</b> 45 min <b>CINÉ SPINNING</b>	<b>10:30:00</b> 60 min <b>LES MILLS BODYBALANCE</b> STIEN JULIE
<b>12:30:00</b> 60 min <b>LES MILLS BODYATTACK</b> MATIATOS DENIS	<b>14:30:00</b> 90 min <b>YOGA VINYASA</b> LAMBERT MAUD	<b>14:30:00</b> 60 min <b>YOGA HATHA</b> DULBECCO MARTINE	<b>14:30:00</b> 60 min <b>CINÉ SPINNING</b>	<b>14:00:00</b> 60 min <b>CINÉ SPINNING</b>	<b>17:00:00</b> 120 min <b>YOGA DYNAMIQUE</b> RINFRAY FRANCOISE	<b>11:30:00</b> 45 min <b>LES MILLS BODYPUMP</b> MATIATOS DENIS

MARDI 22/01	MERCREDI 23/01	JEUDI 24/01	VENDREDI 25/01	SAMEDI 26/01	DIMANCHE 27/01	LUNDI 28/01
<b>14:30:00</b> 60 min <b>YOGA HATHA</b> RINFRAY FRANCOISE	<b>16:00:00</b> 30 min <b>ORIENTATION</b> STIEN JULIE	<b>15:30:00</b> 60 min <b>YOGA VINYASA</b> DULBECCO MARTINE	<b>14:30:00</b> 30 min <b>FIITEAM MINCEUR</b> COURS ANNULE	<b>15:00:00</b> 60 min <b>CINÉ SPINNING</b>	<b>18:00:00</b> 45 min <b>CINÉ SPINNING</b>	<b>11:30:00</b> 45 min <b>CINÉ SPINNING</b>
<b>15:30:00</b> 60 min <b>YOGA VINYASA</b> RINFRAY FRANCOISE	<b>17:30:00</b> 60 min <b>CROSS TRAINING</b> STIEN JULIE	<b>17:30:00</b> 60 min <b>BODYSculPT</b> SIMON FANNY	<b>15:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>15:00:00</b> 90 min <b>YOGA HATHA</b> RINFRAY FRANCOISE	<b>19:00:00</b> 45 min <b>CINÉ SPINNING</b>	<b>11:30:00</b> 45 min <b>CINÉ SPINNING</b>
<b>16:30:00</b> 60 min <b>TAILLE ABDOS FESSIERSS</b> JOUANNY JOEL	<b>18:30:00</b> 60 min <b>LES MILLS RPM</b> MATIATOS DENIS	<b>18:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>15:30:00</b> 60 min <b>BODYSculPT</b> DAUFRESNE CELINE	<b>16:00:00</b> 45 min <b>CINÉ SPINNING</b>		<b>12:30:00</b> 60 min <b>LES MILLS RPM</b> STIEN JULIE
<b>17:30:00</b> 60 min <b>LES MILLS BODYJAM</b> LAMBERT MAUD	<b>18:30:00</b> 60 min <b>TAILLE ABDOS FESSIERSS</b> STIEN JULIE	<b>18:30:00</b> 60 min <b>LES MILLS BODYJAM</b> SIMON FANNY	<b>16:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>17:00:00</b> 45 min <b>CINÉ SPINNING</b>		<b>12:30:00</b> 60 min <b>LES MILLS BODYBALANCE</b> MATIATOS DENIS
<b>18:30:00</b> 60 min <b>LES MILLS RPM</b> STIEN JULIE	<b>19:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>19:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>17:30:00</b> 45 min <b>CINÉ SPINNING</b>	<b>17:00:00</b> 45 min <b>LES MILLS tone</b> STIEN JULIE		<b>15:30:00</b> 60 min <b>BODYSculPT</b> JOUANNY JOEL
<b>18:30:00</b> 60 min <b>YOGA VINYASA</b> LAMBERT MAUD	<b>19:30:00</b> 45 min <b>LES MILLS tone</b> MATIATOS DENIS	<b>19:30:00</b> 60 min <b>YOGA VINYASA</b> SIMON FANNY	<b>17:30:00</b> 60 min <b>LES MILLS BODYPUMP</b> DAUFRESNE CELINE	<b>18:00:00</b> 45 min <b>CINÉ SPINNING</b>		<b>16:30:00</b> 60 min <b>STRETCHING</b> JOUANNY JOEL

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 <b>LES MILLS</b> <b>BODYATTACK</b> STIEN JULIE	<b>20:30:00</b> 30 min <b>LES MILLS</b> <b>CXWORX</b> MATIATOS DENIS	<b>20:30:00</b> 45 min <b>LES MILLS</b> <b>BODYPUMP</b> COURS ANNULE	<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b> DAUFRESNE CELINE	<b>18:00:00</b> 60 min <b>BODY PUMP</b> <b>CXWORX</b> STIEN JULIE		<b>17:30:00</b> 60 min <b>LES MILLS</b> <b>BODYATTACK</b> MATIATOS DENIS
<b>19:30:00</b> 45 min <b>CINÉ</b> SPINNING			<b>18:30:00</b> 45 min <b>LES MILLS</b> <b>BODYATTACK</b>	<b>19:00:00</b> 45 min <b>CINÉ</b> SPINNING		<b>18:30:00</b> 60 min <b>BODY PUMP</b> <b>CXWORX</b> MATIATOS DENIS
			<b>19:30:00</b> 45 min <b>CINÉ</b> SPINNING			<b>18:30:00</b> 60 min <b>LES MILLS</b> <b>RPM</b>
			<b>19:30:00</b> 30 min <b>FIITEAM</b> <b>CARDIO</b> COURS ANNULE			<b>19:30:00</b> 45 min <b>CINÉ</b> SPINNING
			<b>19:30:00</b> 60 min <b>CUISSES ABDOS</b> <b>FESSIERS</b>			<b>19:30:00</b> 45 min <b>CINÉ</b> SPINNING
			<b>20:30:00</b> 60 min <b>CINÉ</b> SPINNING			<b>19:30:00</b> 60 min <b>STRETCHING</b>

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> 30 min <b>FIITEAM</b> <b>PLYO</b> MATIATOS DENIS
						<b>20:30:00</b> 60 min <b>KUDURO</b> <b>FIT</b> COURS ANNULE

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