



COURS COLLECTIFS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN						
08:30 45MIN BODYSULPT BUZY LAETTITA	07:30 30MIN LESMILLS CXWORX ISCAYES MADINA	08:15 1H LESMILLS BODYBALANCE ISCAYES MADINA	07:30 45MIN LESMILLS BODYPUMP BUZY LAETTITA	08:30 1H CUISSES ABDOS FESSIERS JOEL JOUANNY	08:30 1H CUISSES ABDOS FESSIERS SIMON FANNY	09:30 1H LESMILLS BODYPUMP BUZY LAETTITA
09:15 1H LESMILLS BODYBALANCE BUZY LAETTITA	08:30 30MIN LESMILLS BODYBALANCE ISCAYES MADINA	09:15 1H BODYSULPT ISCAYES MADINA	08:15 1H CXWORX STRETCHING BUZY LAETTITA	09:30 1H ATHLETIC JAZZ JOEL JOUANNY	09:30 1H PILATES SIMON FANNY	11:30 1H LESMILLS BODYBALANCE BUZY LAETTITA
	09:15 1H LESMILLS BODYPUMP ISCAYES MADINA	10:15 1H30' YOGA SIMON FANNY	09:15 1H PILATES BUZY LAETTITA	10:30 1H LESMILLS BODYPUMP ISCAYES MADINA	11:30 1H LESMILLS BODYATTACK ISCAYES MADINA	
	10:15 1H  GRABSI FETHI					
MIDI						
12:15 45MIN LESMILLS BODYCOMBAT DAVID ROMAIN	12:15 45MIN LESMILLS BODYPUMP DAVID ROMAIN	12:15 45MIN CUISSES ABDOS FESSIERS BUZY LAETTITA	12:15 45MIN LESMILLS BODYJAM DURAND LAETTITA	12:15 45MIN LESMILLS BODYATTACK DAVID ROMAIN		
13:00 45MIN STRETCHING BUZY LAETTITA	13:00 45MIN CXWORX STRETCHING DAVID ROMAIN	13:00 45MIN LESMILLS BODYPUMP BUZY LAETTITA	13:00 45MIN PILATES DURAND LAETTITA	13:00 45MIN LESMILLS BODYBALANCE ISCAYES MADINA		
APRÈS MIDI						
16:30 1H PILATES BUZY LAETTITA	16:30 1H BODYSULPT BUZY LAETTITA					
SOIR						
17:30 1H 	17:30 1H CUISSES ABDOS FESSIERS SIMON FANNY	17:30 1H LESMILLS BODYJAM LESCH FABIEN	17:30 1H CROSS TRAINING DAVID ROMAIN	17:30 1H NRJ SCULPT DURAND LAETTITA	17:30 1H LESMILLS BODYPUMP ISCAYES MADINA	17:30 1H LESMILLS BODYJAM BUZY LAETTITA
18:30 1H BODY PUMP CXWORX DAVID ROMAIN	18:30 1H AERODANCE SIMON FANNY	18:30 1H LESMILLS BODYPUMP DAVID ROMAIN	18:30 1H LESMILLS BODYATTACK DAVID ROMAIN	18:30 1H LESMILLS BODYJAM DURAND LAETTITA		
19:30 1H30' ATHLETIC JAZZ DEL MONACO PATRICIA	19:30 1H LESMILLS BODYCOMBAT DEL MONACO PATRICIA	19:30 1H LESMILLS BODYBALANCE BUZY LAETTITA	19:30 1H BODY PUMP CXWORX ISCAYES MADINA			

COURS VÉLO

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

MATIN

07:30 1H

LES MILLS
RPM

BUZY LAETTITIA

07:30 1H

SPINNING

BUZY LAETTITIA

09:30 1H

LES MILLS
RPM

ISCAYES MADINA

10:30 1H

SPINNING

ISCAYES MADINA

10:30 1H

LES MILLS
RPM

BUZY LAETTITIA

MIDI

12:15 45MIN

LES MILLS
RPM

BUZY LAETTITIA

12:15 45MIN

SPINNING

ISCAYES MADINA

12:15 45MIN

LES MILLS
RPM

DAVID ROMAIN

12:15 45MIN

LES MILLS
RPM

DAVID ROMAIN

12:15 45MIN

SPINNING

ISCAYES MADINA

SOIR

18:30 1H

LES MILLS
RPM

BUZY LAETTITIA

18:30 1H

SPINNING

BUZY LAETTITIA

18:30 1H

LES MILLS
RPM

BUZY LAETTITIA

18:30 1H

SPINNING

ISCAYES MADINA

18:30 1H

LES MILLS
RPM

ISCAYES MADINA

18:30 1H

LES MILLS
RPM

ISCAYES MADINA

18:30 1H

SPINNING

BUZY LAETTITIA

19:30 1H

SPINNING

DAVID ROMAIN

19:30 1H

SPINNING

DAVID ROMAIN

SMALL GROUP TRAINING

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

SOIR

19:30 30MIN

**TEAM
TRAINING**

BUZY LAETTITA

19:30 30MIN

**TEAM
TRAINING**

ISCAYES MADINA

