

COURS COLLECTIFS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

08:45 30MIN DOS ABDOS CASTA LAURE	07:15 1H' CROSS TRAINING TEODORESCU CORA	08:30 45MIN' CUISSES ABDOS FESSIERS CHAGNEAU STEEVE	07:30 1H LESMILLS BODYPUMP CHAGNEAU STEEVE	08:45 30MIN BODYSculPT BOURDEAU CINDY	08:15 45MIN CUISSES ABDOS FESSIERS MEERNOUT NINA	10:15 1H LESMILLS BODYPUMP TEODORESCU CORA
09:15 1H BODYSculPT CASTA LAURE	08:30 45MIN PILATES BOURDEAU CINDY	09:15 1H LESMILLS BODYPUMP CHAGNEAU STEEVE	08:45 45MIN CROSS TRAINING PERRINO KEVIN	09:15 1H LESMILLS BODYJAM BOURDEAU CINDY	09:00 1H PILATES MALARA ELSA	11:15 1H LESMILLS BODYATTACK TEODORESCU CORA
10:15 1H STRETCHING PERRINO KEVIN	09:15 1H' CUISSES ABDOS FESSIERS TEODORESCU CORA	10:15 45MIN' STRETCHING TEODORESCU CORA	09:30 1H LESMILLS BODYBALANCE CASTA LAURE	10:15 1H LESMILLS BODYPUMP BOURDEAU CINDY	10:00 1H LESMILLS BODYPUMP MEERNOUT NINA	
11:15 30MIN SPECIAL ABDOS PERRINO KEVIN	10:15 1H' LESMILLS BODYJAM PERRINO KEVIN	11:00 1H15' YOGA TEODORESCU CORA	10:30 1H LESMILLS BODYCOMBAT PERRINO KEVIN	11:30 45MIN PILATES DELMONT ARNAUD	11:00 30MIN CORE TRAINING MALARA ELSA	
	11:15 1H' LESMILLS BODYPUMP BOURDEAU CINDY		11:30 1H ZUMBA PERRINO KEVIN		11:30 1H LESMILLS BODYJAM LAMBERT MAUD	

MIDI

12:15 1H LESMILLS BODYJAM FAUVEAU SOPHIE	12:15 1H LESMILLS BODYCOMBAT BOURDEAU CINDY	12:15 1H LESMILLS BODYPUMP TEODORESCU CORA	12:30 45MIN CROSS TRAINING MEERNOUT NINA	12:15 1H LESMILLS BODYBALANCE FAUVEAU SOPHIE	12:30 1H LESMILLS BODYBALANCE LAMBERT MAUD	12:30 1H YOGA TEODORESCU CORA
13:15 1H PILATES FAUVEAU SOPHIE	13:15 45MIN LESMILLS BODYBALANCE CASTA LAURE	13:15 30MIN HIIT BOURDEAU CINDY	13:15 45MIN PILATES DELMONT ARNAUD	13:15 1H LADY DANCE FAUVEAU SOPHIE		

APRÈS MIDI

14:30 1H LESMILLS BODYPUMP CASTA LAURE	14:00 1H30 YOGA TEODORESCU CORA	15:30 1H CUISSES ABDOS FESSIERS BEDU MICHAEL	14:30 1H ZUMBA PERRINO KEVIN	15:30 30MIN STRETCHING BOURDEAU CINDY	16:00 1H ZUMBA PERRINO KEVIN	
15:30 1H STRETCHING BOURDEAU CINDY	16:00 30MIN HIIT BOURDEAU CINDY	16:30 1H LESMILLS BODYCOMBAT BEDU MICHAEL	15:30 1H LESMILLS BODYPUMP CASTA LAURE	16:00 30MIN HIIT DELMONT ARNAUD		
16:30 1H LESMILLS BODYATTACK PERRINO KEVIN	16:30 1H PILATES BOURDEAU CINDY		16:30 1H CUISSES ABDOS FESSIERS MEERNOUT NINA	16:30 1H LESMILLS BODYPUMP DELMONT ARNAUD		

SOIR

17:30 1H CUISSES ABDOS FESSIERS BOURDEAU CINDY	17:30 1H ZUMBA PERRINO KEVIN	17:30 1H LESMILLS BODYPUMP BEDU MICHAEL	17:30 1H LESMILLS BODYJAM LAMBERT MAUD	17:30 1H LESMILLS BODYBALANCE MALARA ELSA	17:00 1H LESMILLS BODYPUMP PERRINO KEVIN	18:30 1H LESMILLS BODYBALANCE CHAIX LAETTITA
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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

<p>18:30 1H</p> <p>LES MILLS BODYJAM</p> <p>LESCH FABIEN</p>	<p>18:30 1H</p> <p>LES MILLS BODYPUMP</p> <p>DELMONT ARNAUD</p>	<p>18:30 1H</p> <p>STEP 3</p> <p>BOURDEAU CINDY</p>	<p>18:30 1H</p> <p>LES MILLS BODYATTACK</p> <p>LAMBERT MAUD</p>	<p>18:30 1H</p> <p>LES MILLS BODYCOMBAT</p> <p>BOURDEAU CINDY</p>	<p>18:00 30MIN</p> <p>HIIT</p> <p>PERRINO KEVIN</p>	
<p>19:30 1H</p> <p>LES MILLS BODYBALANCE</p> <p>LESCH FABIEN</p>	<p>19:30 1H</p> <p>LES MILLS BODYJAM</p> <p>PERRINO KEVIN</p>	<p>19:30 30MIN</p> <p>HIIT</p> <p>BOURDEAU CINDY</p>	<p>19:30 1H</p> <p>LES MILLS BODYPUMP</p> <p>TEODORESCU CORA</p>	<p>19:30 1H</p> <p>STEP 1-2</p> <p>BOURDEAU CINDY</p>	<p>18:30 1H</p> <p>LES MILLS BODYCOMBAT</p> <p>PERRINO KEVIN</p>	
<p>20:30 1H</p> <p>DANCE CLUBBING</p> <p>LESCH FABIEN</p>	<p>20:30 1H</p> <p>CROSS TRAINING</p> <p>MEERNOUT NINA</p>	<p>20:30 1H</p> <p>LES MILLS BODYPUMP</p> <p>BOURDEAU CINDY</p>	<p>20:30 1H</p> <p>STRETCHING</p> <p>TEODORESCU CORA</p>	<p>20:30 1H</p> <p>ZUMBA FITNESS</p> <p>PERRINO KEVIN</p>		

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 17 58 73

448 Route de Grenoble - 06200

Ouvert 7J/7 de 7h à 22h du lundi au vendredi et de 8h à 20h le samedi, dimanche et jours fériés

COURS VÉLOS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

10:15 1H LES MILLS RPM CASTA LAURE	08:15 1H SPINNING TEODORESCU CORA	10:15 1H LES MILLS RPM CHAGNEAU STEEVE	08:30 1H SPINNING CHAGNEAU STEEVE	09:15 1H LES MILLS RPM DELMONT ARNAUD	09:00 1H SPINNING MEERNOUT NINA	09:15 1H LES MILLS RPM TEODORESCU CORA
	09:15 1H LES MILLS RPM CASTA LAURE				10:00 1H LES MILLS RPM MALARA ELSA	

MIDI

12:15 1H LES MILLS RPM PERRINO KEVIN	12:30 1H LES MILLS RPM TEODORESCU CORA	12:30 30MIN LES MILLS RPM MEERNOUT NINA	12:30 1H LES MILLS RPM PERRINO KEVIN	12:15 1H SPINNING CHAGNEAU STEEVE		
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APRÈS MIDI

					16:00 1H SPINNING DELMONT ARNAUD	
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SOIR

17:30 1H LES MILLS RPM CASTA LAURE	17:30 1H SPINNING MEERNOUT NINA	17:30 1H LES MILLS RPM BOURDEAU CINDY	17:30 1H SPINNING TEODORESCU CORA	17:30 1H LES MILLS RPM BOURDEAU CINDY		17:30 1H LES MILLS RPM CHAIX LAETTITIA
18:30 1H LES MILLS RPM BOURDEAU CINDY	18:30 1H LES MILLS RPM PERRINO KEVIN	18:30 1H30 SPINNING TEODORESCU CORA	18:30 1H LES MILLS RPM TEODORESCU CORA	18:30 1H SPINNING MALARA ELSA		
	19:30 1H LES MILLS RPM MEERNOUT NINA	20:00 30MIN LES MILLS RPM BOURDEAU CINDY	19:30 30MIN LES MILLS RPM MEERNOUT NINA	19:30 1H LES MILLS RPM PERRINO KEVIN		

SMALL GROUP TRAINING

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

MATIN

09:15 30MIN

HIITBOX

PERRINO KEVIN

10:30 30MIN

**FONCTIONAL
TRAINING**

TEODORESCU CORA

MIDI

12:30 30MIN

HIITBOX

CASTA LAURE

12:15 30MIN

**FONCTIONAL
TRAINING**

BOURDEAU CINDY

12:30 30MIN

SPARTAN

MEERNOUT NINA

APRÈS MIDI

15:00 30MIN

HIITBOX

DELMONT ARNAUD

SOIR

19:30 30MIN

**FONCTIONAL
TRAINING**

BOURDEAU CINDY

17:45 30MIN

**FONCTIONAL
TRAINING**

BOURDEAU CINDY

19:30 30MIN

BOOTCAMP

MEERNOUT NINA

