

COURS COLLECTIFS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

08:30 1H BODYSULPT STIEN JULIE	08:30 1H CUISSES ABDOS FESSIERS STIEN JULIE	08:30 1H BODYSULPT	08:30 1H PILATES BOURGEOIS ELODIE	08:30 30MIN LESMILLS CXWORX STIEN JULIE	09:00 45MIN TAILLE ABDOS FESSIERS STIEN JULIE	10:30 1H LESMILLS BODYPUMP BOUSCAILLOU BENOIT
09:30 1H CUISSES ABDOS FESSIERS STIEN JULIE	09:30 1H STRETCHING DURAND LAETTITA	09:30 1H STRETCHING	09:30 1H LESMILLS BODYBALANCE BOURGEOIS ELODIE	09:00 30MIN LESMILLS BODYBALANCE STIEN JULIE	09:45 45MIN LESMILLS BODYPUMP STIEN JULIE	11:30 1H LESMILLS BODYBALANCE BOUSCAILLOU BENOIT
10:30 1H LESMILLS BODYBALANCE STIEN JULIE	10:30 1H BODYSULPT DURAND LAETTITA	10:30 1H LESMILLS BODYPUMP	10:30 1H30 YOGA VINYASA BOURGEOIS ELODIE	09:30 1H LESMILLS BODYPUMP STIEN JULIE	10:30 45MIN LESMILLS BODYATTACK STIEN JULIE	
11:30 1H LESMILLS BODYPUMP MATIATOS DENIS	11:30 1H LESMILLS BODYBALANCE MATIATOS DENIS			11:30 1H CUISSES ABDOS FESSIERS TAJOURI SONIA	11:30 1H PILATES MEUNIER SOPHIE	

MIDI

12:30 1H LESMILLS BODYBALANCE MATIATOS DENIS	12:30 1H LESMILLS BODYATTACK MATIATOS DENIS	12:30 1H LESMILLS BODYPUMP MATIATOS DENIS	12:30 1H ATHLETIC FORCE JOUANNY JOEL	12:30 1H PILATES TAJOURI SONIA	12:30 1H ZUMBA MEUNIER SOPHIE	
---	--	--	---	---	--	--

APRÈS MIDI

15:30 1H BODYSULPT JOUANNY JOEL	14:00 2H YOGA HATHA RINFRAY FRANCOISE	14:30 1H30 YOGA VINYASA LAMBERT MAUD	15:30 2H YOGA HATHA DULBECCO MARTINE		15:00 1H30 YOGA HATHA RINFRAY FRANCOISE	
16:30 1H STRETCHING JOUANNY JOEL	16:30 1H TAILLE ABDOS FESSIERS JOUANNY JOEL					

SOIR

17:30 1H LESMILLS BODYATTACK MATIATOS DENIS	17:30 1H LESMILLS BODYJAM LAMBERT MAUD	17:30 1H CROSS TRAINING STIEN JULIE	17:30 1H CUISSES ABDOS FESSIERS	17:30 1H LESMILLS BODYPUMP	17:00 30MIN LESMILLS BODYPUMP MATIATOS DENIS	17:00 2H YOGA DYNAMIQUE RINFRAY FRANCOISE
18:30 30MIN LESMILLS BODYPUMP MATIATOS DENIS	18:30 1H YOGA VINYASA LAMBERT MAUD	18:30 1H TAILLE ABDOS FESSIERS STIEN JULIE	18:30 1H STEP 2	18:30 1H LESMILLS BODYJAM SIMON FANNY	17:30 30MIN LESMILLS CXWORX MATIATOS DENIS	
19:00 30MIN LESMILLS CXWORX MATIATOS DENIS	19:30 1H LESMILLS BODYATTACK STIEN JULIE	19:30 45MIN LESMILLS BODYPUMP MATIATOS DENIS	19:30 1H LESMILLS BODYCOMBAT DEL MONACO PATRICIA	19:30 1H YOGA HATHA SIMON FANNY		

LUNDI**MARDI****MERCREDI****JEUDI****VENDREDI****SAMEDI****DIMANCHE**

19:30 1H

LESMILLS
BODYBALANCE

CAMARA FABIENNE

20:30 30MIN

LESMILLS
CXWORX

STIEN JULIE

20:15 45MIN

LESMILLS
BODYATTACK

MATIATOS DENIS

20:30 1H

KUDURO
FIT

CAMARA FABIENNE

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 38 02 24

Rue Jean Jaurès - 06400

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

09:30 45MIN CINÉ SPINNING	09:30 1H SPINNING STIEN JULIE	09:30 45MIN CINÉ SPINNING	09:30 45MIN CINÉ SPINNING	09:30 45MIN CINÉ SPINNING	09:30 45MIN CINÉ SPINNING	09:30 1H LESMILLS RPM BOUSCAILLOU BENOIT
10:30 1H LESMILLS RPM MATIATOS DENIS	10:30 45MIN CINÉ SPINNING	10:30 45MIN CINÉ SPINNING	10:30 45MIN CINÉ SPINNING	10:30 1H LESMILLS RPM STIEN JULIE	10:30 45MIN CINÉ SPINNING	10:30 45MIN CINÉ SPINNING
11:30 45MIN CINÉ SPINNING	11:30 45MIN CINÉ SPINNING	11:30 45MIN CINÉ SPINNING	11:30 45MIN CINÉ SPINNING	11:30 45MIN CINÉ SPINNING	11:30 1H SPINNING STIEN JULIE	11:30 45MIN CINÉ SPINNING

MIDI

12:30 1H LESMILLS RPM STIEN JULIE	12:30 1H SPINNING STIEN JULIE	12:30 1H LESMILLS RPM STIEN JULIE	12:30 1H LESMILLS RPM MATIATOS DENIS	12:30 1H SPINNING STIEN JULIE	12:30 45MIN CINÉ SPINNING	12:30 45MIN CINÉ SPINNING
---	-------------------------------------	---	--	-------------------------------------	------------------------------	------------------------------

SOIR

18:30 1H SPINNING CAMARA FABIENNE	18:30 1H LESMILLS RPM STIEN JULIE	18:30 1H LESMILLS RPM MATIATOS DENIS	18:30 45MIN CINÉ SPINNING	18:30 1H LESMILLS RPM	18:00 1H LESMILLS RPM MATIATOS DENIS	18:30 45MIN CINÉ SPINNING
19:30 45MIN CINÉ SPINNING	19:30 45MIN CINÉ SPINNING	19:30 45MIN CINÉ SPINNING	19:30 45MIN CINÉ SPINNING	19:30 45MIN CINÉ SPINNING		

CIRCUIT MINCEUR / ORIENTATION

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

MIDI

12:00 30MIN

ORIENTATION

STIEN JULIE

SOIR

17:00 30MIN

ORIENTATION

MATIATOS DENIS

SMALL GROUP TRAINING

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

MATIN

09:15 30MIN

LES MILLS
GRITCARDIO
MATIATOS DENIS

09:15 30MIN

LES MILLS
GRITFORCE
MATIATOS DENIS

08:15 30MIN

LES MILLS
GRITPLYO
STIEN JULIE

SOIR

19:45 30MIN

LES MILLS
GRITPLYO
MATIATOS DENIS

19:45 30MIN

LES MILLS
GRITFORCE
STIEN JULIE

