

## COURS COLLECTIFS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

### MATIN

09:15 1H LESMILLS <b>BODYPUMP</b> FUHS PAULINE	09:15 1H <b>BODYSULPT</b> STASSI KARINE	09:15 45MIN <b>YOGA HATHA</b> ERMELLINI LAURENT	10:15 1H LESMILLS <b>BODYBALANCE</b> STASSI KARINE	09:15 1H <b>ZUMBA</b> BUL AN SUNG OLIVIER	09:15 1H LESMILLS <b>BODYBALANCE</b> BUL AN SUNG OLIVIER	10:30 1H LESMILLS <b>BODYPUMP</b> FUHS PAULINE
10:15 1H <b>ABDOS STRETCHING</b> FUHS PAULINE	10:15 45MIN <b>STRETCHING</b> STASSI KARINE	10:00 1H15 <b>YOGA VINYASA</b> ERMELLINI LAURENT		10:15 1H <b>BODYSULPT</b> BUL AN SUNG OLIVIER	10:15 1H LESMILLS <b>BODYCOMBAT</b> BUL AN SUNG OLIVIER	11:30 45MIN <b>STRETCHING</b> FUHS PAULINE
				11:15 45MIN <b>STRETCHING</b> STASSI KARINE	11:15 1H <b>BODYSULPT</b> BUL AN SUNG OLIVIER	

### MIDI

12:30 1H LESMILLS <b>BODYJAM</b> FUHS PAULINE		12:30 1H <b>CROSS TRAINING</b> STASSI KARINE	12:30 1H LESMILLS <b>BODYPUMP</b> BERTHELOT STEVEN		12:30 1H LESMILLS <b>BODYJAM</b> BUL AN SUNG OLIVIER	
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### SOIR

17:30 1H LESMILLS <b>BODYPUMP</b> FUHS PAULINE	17:30 1H LESMILLS <b>BODYBALANCE</b> STASSI KARINE	17:30 1H <b>BODYSULPT</b> STASSI KARINE	17:30 1H <b>CROSS TRAINING</b> FUHS PAULINE	17:30 1H <b>ABDOS STRETCHING</b> FUHS PAULINE		
18:30 1H LESMILLS <b>BODYJAM</b> BUL AN SUNG OLIVIER	18:30 1H LESMILLS <b>BODYCOMBAT</b> BUL AN SUNG OLIVIER	18:30 1H <b>ZUMBA</b> BUL AN SUNG OLIVIER	18:30 1H15 <b>YOGA VINYASA</b> ERMELLINI LAURENT	18:30 1H LESMILLS <b>BODYPUMP</b> IFERGANE FABRICE		
19:30 1H LESMILLS <b>BODYBALANCE</b> CHAIX LAETTIA	19:30 1H LESMILLS <b>BODYPUMP</b> BUL AN SUNG OLIVIER	19:30 1H LESMILLS <b>BODYCOMBAT</b> BUL AN SUNG OLIVIER	19:45 45MIN <b>YOGA HATHA</b> ERMELLINI LAURENT	19:30 1H LESMILLS <b>BODYATTACK</b> IFERGANE FABRICE		

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

TEL : 04 92 02 30 30

970 Route Nationale 7 - 06270

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

## COURS AQUATIQUES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<b>MATIN</b>						
09:00 45MIN <b>AQUAGYM</b> KLEIN YOANNA	09:00 45MIN <b>AQUAGYM</b> TESSIER PIERRE-JEAN	09:00 45MIN <b>AQUACTIVE</b> KLEIN YOANNA	09:00 45MIN <b>AQUADYNAMIC</b> TESSIER PIERRE-JEAN	09:00 45MIN <b>AQUACTIVE</b> KLEIN YOANNA	09:00 45MIN <b>AQUAGYM</b>	09:30 45MIN <b>AQUAGYM</b>
10:00 45MIN <b>AQUACTIVE</b> KLEIN YOANNA	10:00 45MIN <b>AQUACTIVE</b> TESSIER PIERRE-JEAN	10:00 45MIN <b>AQUADYNAMIC</b> KLEIN YOANNA	10:00 45MIN <b>AQUACTIVE</b> TESSIER PIERRE-JEAN	10:00 45MIN <b>AQUACYCLING</b> KLEIN YOANNA	10:00 45MIN <b>AQUACTIVE</b>	10:30 45MIN <b>AQUACTIVE</b>
11:00 45MIN <b>AQUACYCLING</b> KLEIN YOANNA					11:00 45MIN <b>AQUACYCLING</b>	11:30 45MIN <b>AQUACYCLING</b>
<b>MIDI</b>						
12:30 45MIN <b>AQUACTIVE</b> KLEIN YOANNA	12:30 45MIN <b>AQUADYNAMIC</b> TESSIER PIERRE-JEAN	12:30 45MIN <b>AQUACYCLING</b> KLEIN YOANNA	12:30 45MIN <b>AQUACYCLING</b> TESSIER PIERRE-JEAN	12:30 45MIN <b>AQUACTIVE</b> KLEIN YOANNA		
			13:30 45MIN <b>AQUAGYM</b> TESSIER PIERRE-JEAN			
<b>APRÈS MIDI</b>						
15:00 45MIN <b>AQUACTIVE</b> TESSIER PIERRE-JEAN						
<b>SOIR</b>						
17:30 45MIN <b>AQUAGYM</b> TESSIER PIERRE-JEAN	17:30 45MIN <b>AQUADYNAMIC</b> KLEIN YOANNA		17:30 45MIN <b>AQUACYCLING</b> KLEIN YOANNA	17:30 45MIN <b>AQUADYNAMIC</b> TESSIER PIERRE-JEAN		
18:30 45MIN <b>AQUADYNAMIC</b> TESSIER PIERRE-JEAN	18:30 45MIN <b>AQUACTIVE</b> KLEIN YOANNA		18:30 45MIN <b>AQUACTIVE</b> KLEIN YOANNA	18:30 45MIN <b>AQUACYCLING</b> TESSIER PIERRE-JEAN		
19:30 45MIN <b>AQUACYCLING</b> TESSIER PIERRE-JEAN				19:30 45MIN <b>AQUACTIVE</b> TESSIER PIERRE-JEAN		

## COURS VÉLO

LUNDI      MARDI      MERCREDI      JEUDI      VENDREDI      SAMEDI      DIMANCHE

### MATIN

09:15 1H

**SPINNING**

STASSI KARINE

09:30 1H

**SPINNING**

FUHS PAULINE

### MIDI

12:30 1H

**SPINNING**

CYPRIEN JEAN PIERRE

12:30 1H

**SPINNING**

FUHS PAULINE

### SOIR

18:30 45MIN

LES MILLS  
**RPM**

CHAIX LAETITIA

18:30 1H

**SPINNING**

STASSI KARINE

18:30 1H

**SPINNING**

FUHS PAULINE

18:30 1H

**SPINNING**

FUHS PAULINE

