

COURS COLLECTIFS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

09:15 1H LESMILLS BODYPUMP FUHS PAULINE	09:15 1H BODYSULPT STASSI KARINE	09:15 1H YOGA HATHA ERMELLINI LAURENT	10:15 1H LESMILLS BODYBALANCE STASSI KARINE	09:15 1H ZUMBA BUL AN SUNG OLIVIER	09:15 1H ABDOS STRETCHING BERTHELOT STEVEN	10:30 1H LESMILLS BODYPUMP FUHS PAULINE
10:15 1H ABDOS STRETCHING FUHS PAULINE	10:15 45MIN STRETCHING STASSI KARINE	10:15 1H YOGA VINYASA ERMELLINI LAURENT		10:15 1H BODYSULPT BUL AN SUNG OLIVIER	10:15 1H LESMILLS BODYCOMBAT BERTHELOT STEVEN	11:30 45MIN STRETCHING FUHS PAULINE
				11:15 45MIN STRETCHING STASSI KARINE	11:15 1H BODYSULPT BERTHELOT STEVEN	

MIDI

12:30 1H LESMILLS BODYJAM FUHS PAULINE		12:30 1H CROSS TRAINING STASSI KARINE	12:30 1H LESMILLS BODYPUMP FUHS PAULINE			
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SOIR

17:30 1H LESMILLS BODYPUMP BUL AN SUNG OLIVIER	17:30 1H LESMILLS BODYBALANCE STASSI KARINE	17:30 1H BODYSULPT STASSI KARINE	17:30 1H CROSS TRAINING FUHS PAULINE	17:30 1H ABDOS STRETCHING FUHS PAULINE		
18:30 1H LESMILLS BODYJAM BUL AN SUNG OLIVIER	18:30 1H LESMILLS BODYCOMBAT BUL AN SUNG OLIVIER	18:30 1H ZUMBA BUL AN SUNG OLIVIER	18:30 1H YOGA VINYASA ERMELLINI LAURENT	18:30 1H LESMILLS BODYPUMP IFERGANE FABRICE		
19:30 1H LESMILLS BODYBALANCE CHAIX LAETTIA	19:30 1H LESMILLS BODYPUMP BUL AN SUNG OLIVIER	19:30 1H LESMILLS BODYCOMBAT BUL AN SUNG OLIVIER	19:30 1H YOGA HATHA ERMELLINI LAURENT	19:30 1H LESMILLS BODYATTACK 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
MATIN						
09:00 45MIN AQUAGYM	09:00 45MIN AQUAGYM	09:00 45MIN AQUACTIVE	09:00 45MIN AQUACTIVE	09:00 45MIN AQUACTIVE	09:00 45MIN AQUAGYM	09:30 45MIN AQUAGYM
10:00 45MIN AQUACTIVE	10:00 45MIN AQUACTIVE	10:00 45MIN AQUADYNAMIC	10:00 45MIN AQUACTIVE	10:00 45MIN AQUACYCLING	10:00 45MIN AQUACTIVE	10:30 45MIN AQUACTIVE
11:00 45MIN AQUACYCLING					11:00 45MIN AQUACYCLING	11:30 45MIN AQUACYCLING
MIDI						
12:30 45MIN AQUACTIVE	12:30 45MIN AQUACTIVE	12:30 45MIN AQUACYCLING	12:30 45MIN AQUACYCLING	12:30 45MIN AQUAGYM		
			13:30 45MIN AQUAGYM			
APRÈS MIDI						
		14:30 45MIN KIDS AQUA			14:30 45MIN KIDS AQUA	
		15:30 45MIN KIDS AQUA			15:30 45MIN KIDS AQUA	
SOIR						
17:30 45MIN AQUAGYM	17:30 45MIN AQUADYNAMIC		17:30 45MIN AQUACYCLING	17:30 45MIN AQUADYNAMIC		
18:30 45MIN AQUACTIVE	18:30 45MIN AQUACTIVE		18:30 45MIN AQUACTIVE	18:30 1H AQUACYCLING		
19:30 45MIN AQUACYCLING			19:30 45MIN AQUAGYM			

COURS VÉLOS

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

BUL AN SUNG OLIVIER

SOIR

18:30 1H

LES MILLS
RPM

CHAIX LAETTIA

18:30 1H

SPINNING

STASSI KARINE

18:30 1H

SPINNING

FUHS PAULINE

18:30 1H

SPINNING

FUHS PAULINE

