

# VOTRE PLANNING DE COURS

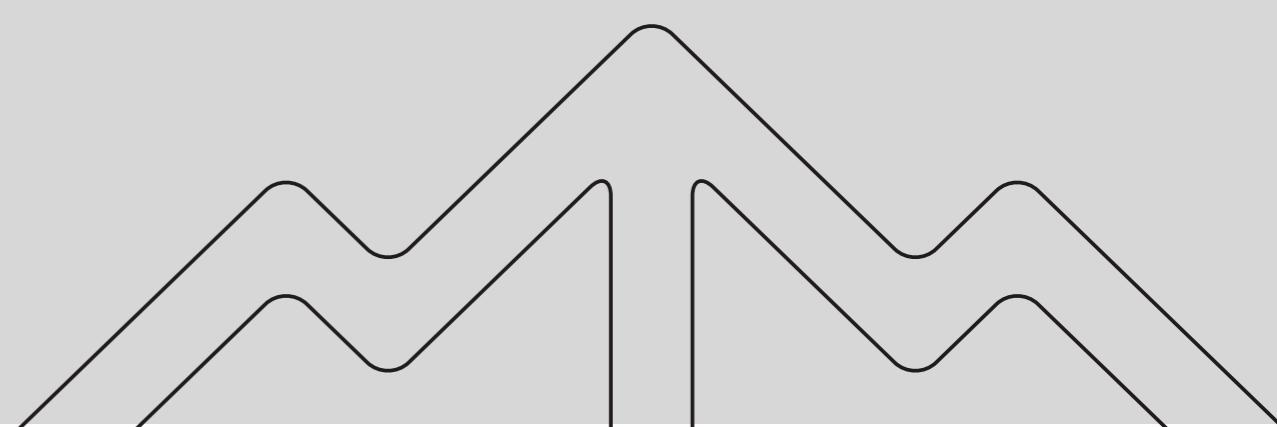
	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h				
Lundi		C.A.F o9hoo (45') NATHALIE	YOGA DYNAMIQUE 10hoo (thoo') CHLOË		BODYPUMP 12h30 (45') NATHALIE	PILATES 14hoo (45') NATHALIE				BODY PUMP 17h30 (thoo') MATHIEU	BODY ATTACK 18h30 (thoo') MATHIEU	STEP2 19h30 (thoo') HAMMADI	BODY BALANCE 20h30 (45') ELÉONORE					
06h-23h	CROSS TRAINING o8hoo (45') YACINE	TEAM TRAINING o9hoo (45') YACINE	RPM 10hoo (45') NATHALIE	AQUA DYNAMIC o9hoo (45') VINCENT	AQUA BIKING 11hoo (45') VINCENT	VINCENT	BOXING 12h30 (45') ALAIN	OXYGÈNE RIDE 12h30 (45') YACINE	AQUA GYM 13h45 (45') VINCENT	NAGE LIBRE 14h45 (45') VINCENT	NAGE LIBRE 15h30 (45') VINCENT	AQUA GYM 16h30 (45') VALENTINE	PILATES 17h30 (45') YACINE	RPM 17h30 (45') NATHALIE	AQUA BIKING 18h30 (45') VALENTINE	NAGE LIBRE 19h30 (45') VALENTINE	AQUA WORK 20h30 (45') VALENTINE	
Mardi		SPRINT o8h15 (30') ELÉONORE	CX WORX o9hoo (45') MATHIEU	STRETCH o9h45 (45') MATHIEU	TEAM TRAINING o9h45 (45') ELÉONORE		BODY COMBAT 12h30 (45') ELÉONORE	CROSS TRAINING 12h30 (45') YACINE	BODY BALANCE 14hoo (thoo') YACINE			BODY SCULPT 16h45 (45') YACINE	STEP 1 17h45 (45') YACINE	BODYJAM 18h30 (thoo') REMI	EUPHORIA COMBAT 19h30 (thoo') REMI	CX WORX 20h30 (30') REMI		
06h-23h		AQUA BIKING o9hoo (45') VINCENT	AQUA BIKING 10hoo (45') VINCENT	AQUA WORK 11hoo (45') VINCENT	NAGE LIBRE 11h45 (45') VINCENT	AQUA DYNAMIC 12h30 (45') VINCENT	NAGE LIBRE 14hoo (45') VINCENT	NAGE LIBRE 15hoo (45') VINCENT	NAGE LIBRE 16hoo (45') VALENTINE			CROSS TRAINING 16h45 (45') MATHIEU	BODY SCULPT 17h45 (45') YACINE	CROSS TRAINING 18h45 (45') MATHIEU	STRETCHING 19h30 (45') NATHALIE	OXYGENE RIDE 19h30 (45') YACINE	AQUA BIKING 20h30 (45') VALENTINE	
Mercredi		BODY PUMP o9hoo (thoo') MATHIEU	BODY BALANCE 10hoo (thoo') MATHIEU	YOGA DOUX 11hoo (thoo') CHLOË	STEP 1 12h30 (45') HAMMADI		YOGA ÉNERGIE 13h45 (thoo') CLAIRE	Kids	BABY GYM 15h30 (45') Nathalie	Kids	MOVE KID 16h15 (45') Nathalie	BODY ATTACK 17h30 (thoo') ELÉONORE	AERO2 18h30 (thoo') AYMET	BODY PUMP 19h30 (thoo') BRUNO				
06h-23h		OXYGÈNE RIDE o9hoo (45') YACINE		TEAM TRAINING 11hoo (45') YACINE	BODY BALANCE 12h30 (45') NATHALIE	SPRINT 12h30 (30') YACINE	AQUA BIKING 12h30 (45') VALENTINE	Kids	AQUA BABY 13h30 (thoo') VALENTINE	Kids	AQUA KID 15hoo (thoo') WALID	TEAM TRAINING 16h45 (45') AYMET	C.A.F 17h30 (thoo') AYMET	BOXING ADVANCE 18h30 (thoo') ALAIN	GRIT 19h30 (30') ELÉONORE	TEAM TRAINING 20h30 (45') BRUNO	NAGE LIBRE 20h30 (45') WALID	
Jeudi		TEAM TRAINING o8hoo (45') HAMMADI	BODY SCULPT o9hoo (45') YACINE	AERO1 10hoo (thoo') HAMMADI		BODY PUMP 12h30 (45') ELÉONORE	TEAM TRAINING 12h30 (45') BRUNO	OXYGÈNE RIDE 12h30 (45') SARA	AQUA GYM 12h30 (45') VALENTINE	AQUA DYNAMIC 13h45 (45') VINCENT	NAGE LIBRE 14h30 (45') VINCENT	NAGE LIBRE 15h30 (45') VINCENT	AQUA WORK 16h30 (45') VINCENT	CX WORX 17h30 (30') MATHIEU	AERO1 17h30 (thoo') HAMMADI	STEP2 18h30 (thoo') YACINE	ZUMBA 19h30 (thoo') REMI	BODY ATTACK 20h30 (thoo') REMI
06h-23h		RPM o9hoo (45') BRUNO	AQUA WORK o9hoo (45') VALENTINE	AQUA DYNAMIC 10hoo (45') VALENTINE	NAGE LIBRE 11hoo (45') VALENTINE									TEAM TRAINING 17h30 (45') ELÉONORE	BOXING 18h30 (thoo') ALAIN	BODY BALANCE 19h30 (45') YACINE	POLE DANCE 20h15 (thoo') CELIA	
Vendredi		SWISS BALL o9hoo (45') NATHALIE	STRETCH 10hoo (45') ELÉONORE		BODY ATTACK 12h30 (45') NATHALIE	YOGA 12h30 (45') CHLOË												
06h-23h		CROSS TRAINING o9hoo (45') ELÉONORE	RPM 10hoo (45') NATHALIE	AQUA BIKING 10hoo (45') WALID	AQUA DYNAMIC 11hoo (45') WALID	AQUA WORK 12h30 (45') WALID	AQUA WORK 13h45 (45') WALID	NAGE LIBRE 14h30 (45') WALID	NAGE LIBRE 15h30 (45') JULIETTE	AQUA WORK 16h30 (45') JULIETTE	BODY PUMP 16h45 (45') YACINE	STEP 1 17h30 (thoo') AYMET	YOGA 18h30 (thoo') CLAIRE	BODY COMBAT 19h30 (thoo') ELÉONORE				
Samedi		C.A.F o9hoo (45') MATHIAS		BODY BALANCE 11hoo (thoo') MATHIAS			BODY SCULPT 14hoo (45') MATHIAS		CROSS TRAINING 15hoo (45') MATHIAS									
06h-19h		AQUA GYM o9hoo (45')	OXYGÈNE RIDE 10hoo (45') MATHIAS	AQUA DYNAMIC 10hoo (45')	AQUA BIKING 11hoo (45')	AQUA BIKING 12h30 (45')		Kids	AQUA KID 14hoo (thoo')	Kids	AQUA BABY 15hoo (thoo')							
Dimanche		BODY PUMP o9hoo (thoo')	C.A.F 10hoo(45')	STRETCH 11hoo(45')														
06h-19h		CROSS TRAINING o9hoo (45')	OXYGÈNE RIDE 10hoo (45')	OXYGÈNE RIDE 11hoo (45')														
		Kids	AQUA BABY o9hoo (thoo')	Kids	AQUA KID 10hoo (thoo')	AQUA BIKING 11h30 (45')	AQUA BIKING 12h30 (45')		NAGE LIBRE 14hoo (45')	NAGE LIBRE 15hoo (45')								

# VOTRE PLANNING DE COURS

	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	
Lundi 06h-23h		C.A.F 09h00 (45') NATHALIE	YOGA DYNAMIQUE 10h00 (1h15') CHLOÉ		BODY PUMP 12h30 (45') NATHALIE		PILATES 14h00 (45') NATHALIE				BODY PUMP 17h30 (1h00') MATHIEU	BODY ATTACK 18h30 (1h00') MATHIEU	STEP2 19h30 (1h00') HAMMADI	BODY BALANCE 20h30 (45') ELÉONORE	
Mardi 06h-23h		CX WORX 09h00 (45') MATHIEU	STRETCH 09h45 (45') MATHIEU			BODY COMBAT 12h30 (45') ELÉONORE		BODY BALANCE 14h00 (1h00') YACINE			BODY SCULPT 16h45 (45') YACINE	STEP1 17h30 (1h00') AYMEN	BODYJAM 18h30 (1h00') REMI	EUPHORIA COMBAT 19h30 (1h00') REMI	CX WORX 20h30 (30') REMI
Mercredi 06h-23h		BODY PUMP 09h00 (1h00') MATHIEU	BODY BALANCE 10h00 (1h00') MATHIEU	YOGA DOUX 11h00(1h45') CHLOÉ	STEP 1 12h30 (45') HAMMADI		YOGA ÉNERGIE 13h45 (1h15') CLAIRE		Kids BABY GYM 15h30 (45') NATHALIE	Kids MOVE KID 16h15 (45') NATHALIE	BODY ATTACK 17h30 (1h00') ELÉONORE	AERO2 18h30 (1h00') AYMEN	BODY PUMP 19h30 (1h00') BRUNO		
Jeudi 06h-23h		BODY SCULPT 09h00 (45') YACINE	AERO 1 10h00(1h00') HAMMADI		BODY PUMP 12h30 (45') ELÉONORE					CX WORX 17h00 (30') MATHIEU	AERO1 17h30 (1h00') HAMMADI	STEP2 18h30 (1h00') YACINE	ZUMBA 19h30 (1h00') REMI	BODY ATTACK 20h30 (1h00') REMI	
Vendredi 06h-23h		SWISS BALL 09h00 (45') NATHALIE	STRETCH 10h00 (45') ELÉONORE		BODY ATTACK 12h30 (45') NATHALIE					PUMP 16h45 (45') YACINE	STEP 1 17h30 (1h00') AYMEN	YOGA 18h30 (1h00') CLAIRE	BODY COMBAT 19h30 (1h00') ELÉONORE		
Samedi 06h-19h		C.A.F 09h00 (1h00') MATHIAS		BODY BALANCE 11h00 (1h00') MATHIAS			BODY SCULT 14h00 (45') MATHIAS								
Dimanche 06h-19h		BODY PUMP 09h00 (1h00')	C.A.F 10h00 (45')	STRETCH 11h00 (45')											

## EUPHORIA

\* Planning pouvant être modifié à tout moment en cas de force majeure (travaux absence d'un coach...)

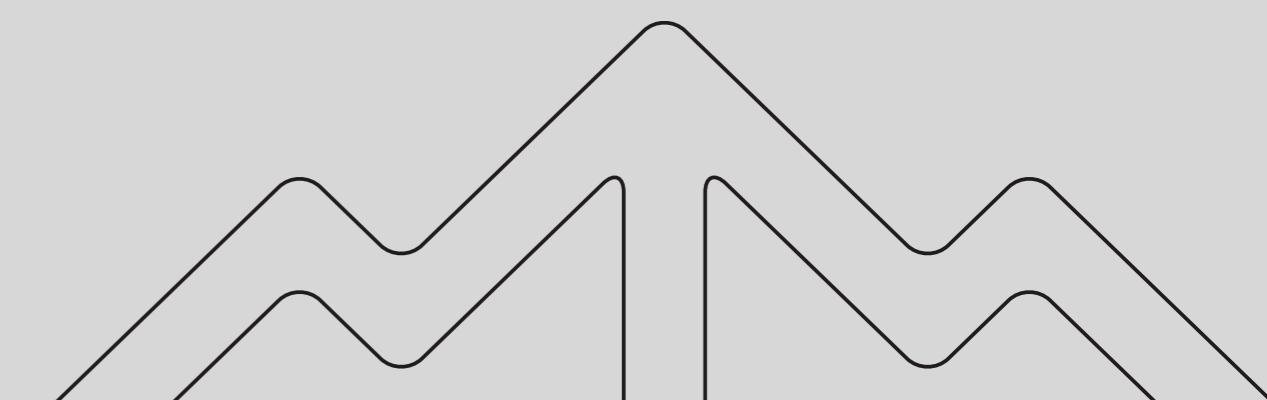


# VOTRE PLANNING DE COURS

	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h
Lundi 06h-23h	CROSS TRAINING 08h00 (45') YACINE	TEAM TRAINING 09h00 (45') YACINE				BOXING 12h30 (45') ALAIN				PILATES 17h30 (45') YACINE	BOXING 18h30 (1h00') ELÉONORE	POLE DANCE 19h30 (1h30') CELIA		
Mardi 06h-23h			TEAM TRAINING 09h45 (45') ELÉONORE			CROSS TRAINING 12h30 (45') YACINE			CROSS TRAINING 16h45 (45') MATHIEU	YOGA 17h30 (1h00') CLAIRE	CROSS TRAINING 18h30 (45') MATHIEU	STRETCHING 19h30 (45') NATHALIE		
Mercredi 06h-23h				TEAM TRAINING 11h00 (45') YACINE		BODY BALANCE 12h30 (45') NATHALIE			TEAM TRAINING 16h45 (45') AYMEN	C.A.F 17h30 (1h00') AYMEN	BOXING ADVENCE 18h30 (1h00') ALAIN	GRIT 19h30 (30') ELÉONORE	TEAM TRAINING 20h30 (45') BRUNO	
Jeudi 06h-23h	TEAM TRAINING 08h00 (45') HAMMADI		BOXING 10h00 (1h00') ALAIN		TEAM TRAINING 12h30 (45') BRUNO				TEAM TRAINING 17h30 (45') ELÉONORE	BOXING 18h30 (1h00') ALAIN	BODY BALANCE 19h30 (45') YACINE	POLE DANCE 20h15 (1h00') CELIA		
Vendredi 06h-23h		CROSS TRAINING 09h00 (45') ELÉONORE				YOGA 12h30 (45') CHLOÉ			GRIT 17h30 (30') ELÉONORE	C.A.F 18h30 (45') AYMEN	CROSS TRAINING 19h30 (45') AYMEN			
Samedi 06h-19h								CROSS TRAINING 15h00 (45') MATHIAS						
Dimanche 06h-19h		CROSS TRAINING 09h00 (45')												

## ATHLETICA

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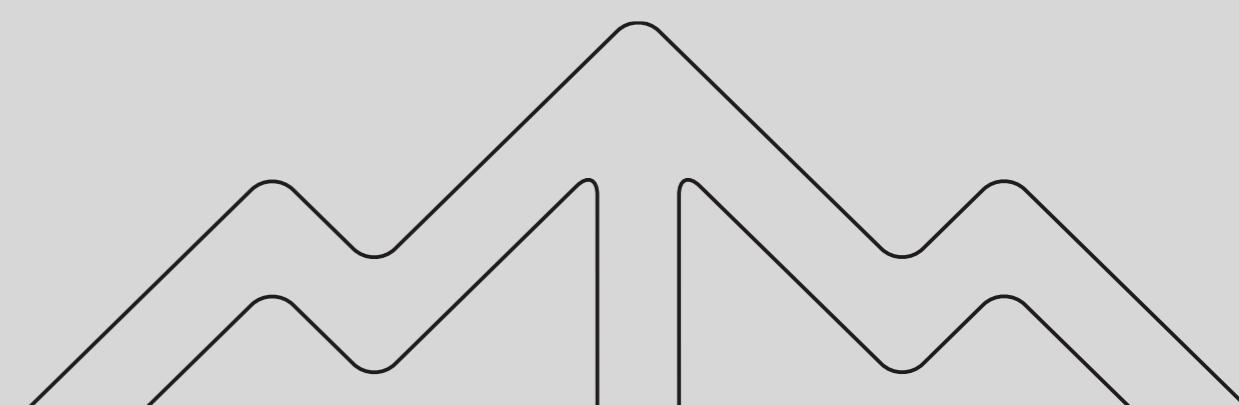


# VOTRE PLANNING DE COURS

	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h
Lundi 06h-23h			RPM 10h00 (45') NATHALIE		OXYGÈNE RIDE 12h30 (45') YACINE					RPM 17h30 (45') NATHALIE	OXYGÈNE RIDE 18h30(45') HAMMADI	RPM 19h30(45') ELÉONORE		
Mardi 06h-23h					RPM 12h30(45') NATHALIE					OXYGÈNE RIDE 17h30(45') MATHIEU	RPM 18h30(45') NATHALIE	OXYGÈNE RIDE 19h30(45') YACINE		
Mercredi 06h-23h			OXYGÈNE RIDE 09h00(45') YACINE		SPRINT 12h30 (30') YACINE				RPM 16h30(45') ELÉONORE	RPM 17h30(45') NATHALIE	OXYGÈNE RIDE 18h30 (45') BRUNO			
Jeudi 06h-23h			RPM 09h00 (45') BRUNO		OXYGÈNE RIDE 12h30 (45') SARA				OXYGÈNE RIDE 17h30(45') MATHIEU	OXYGÈNE RIDE 18h30(45') HAMMADI	SPRINT 19h30(30') ELÉONORE			
Vendredi 06h-23h					RPM 10h00 (45') NATHALIE					SPRINT 17h30(30') YACINE	RPM 18h30(45') ELÉONORE			
Samedi 06h-19h					OXYGÈNE RIDE 10h00 (45') MATHIAS									
Dimanche 06h-19h					OXYGÈNE RIDE 10h00(45')	OXYGÈNE RIDE 11h00 (45')								

## LE K2 CYCLING

\* Planning pouvant être modifié à tout moment



# VOTRE PLANNING DE COURS

	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h
Lundi 06h-23h		AQUA DYNAMIC 09h00 (45') VINCENT	AQUA WORK 10h00 (45') VINCENT	AQUA BIKING 11h00 (45') VINCENT		AQUA BIKING 12h30(45') VINCENT	AQUA GYM 13h45 (45') VINCENT	NAGE LIBRE 14h45 (45') VINCENT	NAGE LIBRE 15h30(45') VINCENT	AQUA GYM 16h30(45') VALENTINE	AQUA BIKING 17h30 (45') VALENTINE	AQUA BIKING 18h30 (45') VALENTINE	NAGE LIBRE 19h30(45') VALENTINE	AQUA WORK 20h30(45') VALENTINE
Mardi 06h-23h		AQUA BIKING 09h00(45') VINCENT	AQUA BIKING 10h00(45') VINCENT	AQUA WORK 11h00(45') VINCENT	NAGE LIBRE 11h45 (45') VINCENT	AQUA DYNAMIC 12h30(45') VINCENT		NAGE LIBRE 14h00(45') VINCENT	NAGE LIBRE 15h00(45') VINCENT	NAGE LIBRE 16h00 (45') VALENTINE	AQUA GYM 17h30 (45') VALENTINE	AQUA WORK 18h30(45') VALENTINE	AQUA BIKING 19h30 (45') VALENTINE	AQUA BIKING 20h30 (45') VALENTINE
Mercredi 06h-23h		AQUA GYM 09h00 (45') VALENTINE	AQUA WORK 10h00 (45') VALENTINE	AQUA BIKING 11h00(45') VALENTINE		AQUA BIKING 12h30 (45') VALENTINE	Kids AQUA BABY 13h30 (1h30') VALENTINE	Kids AQUA KID 15h00 (1h30') WALID		AQUA BIKING 17h30(45') WALID	AQUA BIKING 18h30(45') WALID	AQUA WORK 19h30 (45') WALID	NAGE LIBRE 20h30(45') WALID	
Jeudi 06h-23h		AQUA WORK 09h00(45') VALENTINE	AQUA DYNAMIC 10h00(45') VALENTINE	NAGE LIBRE 11h00 (45') VALENTINE		AQUA GYM 12h30(45') VALENTINE	AQUA DYNAMIC 13h45 (45') VINCENT	NAGE LIBRE 14h30(45') VINCENT	NAGE LIBRE 15h30(45') VINCENT	AQUA WORK 16h30 (45') VINCENT	AQUA DYNAMIC 17h30(45') VINCENT	AQUA GYM 18h30 (45') VINCENT	NAGE LIBRE 19h30 (45') VINCENT	NAGE LIBRE 20h30(45') VINCENT
Vendredi 06h-23h		AQUA BIKING 09h00(45') WALID	AQUA BIKING 10h00 (45') WALID	AQUA DYNAMIC 11h00(45') WALID		AQUA WORK 12h30(45') WALID	AQUA WORK 13h45 (45') WALID	NAGE LIBRE 14h30 (45') WALID	NAGE LIBRE 15h30(45') JULIETTE	AQUA GYM 16h30 (45') JULIETTE	AQUA BIKING 17h30(45') JULIETTE	AQUA BIKING 18h30 (45') JULIETTE	AQUA GYM 19h30(45') JULIETTE	NAGE LIBRE 20h30(45') JULIETTE
Samedi 06h-19h		AQUA GYM 09h00 (45')	AQUA DYNAMIC 10h00 (45')	AQUA BIKING 11h00(45')	AQUA BIKING 12h00 (45')		Kids AQUA KID 14h00 (1h00')	Kids AQUA BABY 15h00 (1h00')						
Dimanche 06h-19h		Kids AQUA BABY 09h00 (1h00')	Kids AQUA KID 10h00 (1h00')		AQUA BIKING 11h30(45')	AQUA BIKING 12h30 (45')		NAGE LIBRE 14h00(45')	NAGE LIBRE 15h00(45')					

## MARINA

\* Planning pouvant être modifié à tout moment en cas de force majeure (travaux absence d'un coach...)

