

VOTRE PLANNING DE COURS

DU 18 JUILLET AU 31 JUILLET

	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h
Lundi 06h-23h		C.A.F.* 09h00 (45') NATHALIE TEAM TRAINING* 09h00 (45') YACINE AQUA DYNAMIC* 09h00 (45') VINCENT	SWISS BALL* 10h00 (45') MONTASSAR YOGA* 10h00 (1h15') CHLOÉ RPM* 10h00 (45') NATHALIE AQUA WORK* 10h00 (45') VINCENT	ZUMBA 11h00(45') MONTASSAR AQUA BIKING* 11h00 (45') VINCENT		BODYPUMP* 12h30 (45') NATHALIE BOXING* 12h30 (45')BADREDDINE AQUA BIKING* 12h30 (45') VINCENT	AQUA GYM* 13h45 (45') VINCENT			SWISS BALL* 16h30 (45') NATHALIE AQUA GYM* 16h30 (45') VALENTINE	BODY PUMP* 17h30 (1h00') YACINE TEAM TRAINING* 17h30(45') WALID AQUA BIKING* 17h30 (45') VALENTINE	BODY ATTACK 18h30 (1h00') JOSEPHINE FIT BOXING* 18h30 (1h00') ELÉONORE OXYGÈNE RIDE* 18h30 (45') HAMMADI AQUA DYNAMIC* 18h30 (45') VALENTINE	STEP INTERMÉDIAIRE* 19h30 (1h00') HAMMADI POLE DANCE* 19h30 (1h30') CELIA SPRINT* 19h30 (30') ELEONORE	
Mardi 06h-23h		LES MILLS CORE* 09h00 (45') JOSEPHINE GRIT* 09h15 (30') WALID AQUA BIKING* 09h00 (45') VINCENT	STRETCHING 10h00 (45') JOSEPHINE TEAM TRAINING* 10h00 (45') ELÉONORE AQUA BIKING* 10h00 (45') VINCENT			BODY COMBAT 12h30 (45') ELÉONORE CROSS TRAINING* 12h30 (45') YACINE RPM* 12h30 (45') NATHALIE AQUA DYNAMIC* 12h30 (45') VINCENT	NAGE LIBRE* 14h00 (45') VINCENT			BODY SCULPT* 16h45 (45') YACINE CROSS TRAINING* 16h45(45') ANTOINE NAGE LIBRE FEMME* 16h30 (45') VALENTINE	STEP DÉBUTANT* 17h30 (1h00') AYMEN YOGA* 17h30 (1h00') ELÉONORE OXYGÈNE RIDE* 17h30 (45') JOSEPHINE AQUA GYM* 17h30 (45') VALENTINE	AERO INTERMÉDIAIRE 18h30 (1h00') AYMEN BODY BALANCE 18h30 (45') ELÉONORE RPM* 18h30 (45') NATHALIE AQUA WORK* 18h30(45') VALENTINE	BODYPUMP* 19h30(1h00') BRUNO CROSS TRAINING* 19h30(45') JOSEPHINE AQUA BIKING* 19h30 (45') VALENTINE	
Mercredi 06h-23h		BODY PUMP* 09h00 (1h00') JOSEPHINE AQUA GYM* 09h00(45') VALENTINE	BODY BALANCE 10h00(1h00') YACINE CROSS TRAINING* 10h00 (45') JOSEPHINE AQUA WORK* 10h00(45') VALENTINE			STEP DÉBUTANT* 12h30 (45') HAMMADI BODY BALANCE* 12h30(45') NATHALIE AQUA BIKING* 12h30(45') VALENTINE				TEAM TRAINING* 16h30 (45') AYMEN	BODY COMBAT 17h30 (1h00') ELÉONORE C.A.F* 17h30 (1h00') AYMEN RPM* 17h30 (45') NATHALIE AQUA BIKING* 17h30 (45') WALID	ZUMBA 18h30(45') MONTASSAR GRIT* 18h30(30') ELEONORE OXYGÈNE RIDE* 18h30(45') BRUNO AQUA BIKING* 18h30(45') WALID EVEREST RUN* 18h30 (45') NATHALIE	SWISS BALL* 19h15 (45') MONTASSAR BOXING ADVANCE* 19h30 (1h00') BADREDDINE AQUA WORK* 19h30 (45') WALID	BACHATA 20h00 (1h00') MONTASSAR
Jeudi 06h-23h		BODY SCULPT* 09h00 (45') YACINE OXYGÈNE RIDE* 09h15 (45') BRUNO AQUA WORK* 09h00(45') VALENTINE	AERO DÉBUTANT 10h00 (1h00') HAMMADI AQUA DYNAMIC* 10h00 (45') VALENTINE			BODY PUMP* 12h30 (45') ELÉONORE TEAM TRAINING* 12h30 (45') BRUNO AQUA GYM* 12h30 (45') VALENTINE	AQUA DYNAMIC* 13h45 (45') VINCENT			TEAM TRAINING* 16h45(45') BRUNO AQUA BIKING* 16h30(45') VINCENT	AERO DÉBUTANT 17h30 (1h00') HAMMADI OXYGÈNE RIDE* 17h30 (45') JOSEPHINE AQUA DYNAMIC* 17h30 (45') VINCENT	STEP / AERO NIVEAU DEB / INTER 18h30 (1h00') HAMMADI TEAM TRAINING* 18h30(45') PAUL AQUA GYM* 18h30 (45') VINCENT	BODYJAM 19h30 (1h00') JOSEPHINE POLE DANCE* 19h30 (1h30') CELIA	
Vendredi 06h-23h		SWISS BALL* 09h00 (45') NATHALIE CROSS TRAINING* 09h00 (45') JOSEPHINE AQUA BIKING* 09h00(45') WALID	STRETCHING 10h00(1h00') ELÉONORE RPM* 10h00 (45') NATHALIE AQUA BIKING* 10h00 (45') WALID			BODY ATTACK 12h30 (45') NATHALIE / ELÉONORE YOGA* 12h30(1h00') CHLOÉ OXYGÈNE RIDE* 12h30(45') SARA AQUA WORK* 12h30(45') WALID				GRIT* 16h45 (30') ELEONORE C.A.F* 16h45 (45') AYMEN AQUA GYM* 16h30 (45') PAUL	BODY PUMP* 17h30 (1h00') JOSEPHINE LES MILLS CORE* 17h30 (45') ELÉONORE AQUA WORK* 17h30 (45') PAUL	STRETCHING 18h30 (45') CROSS TRAINING* 18h30 (45') AYMEN AQUA BIKING* 18h30(45') PAUL		
Samedi 06h-19h		BODY PUMP* 09h00 (1H00') MATHIAS AQUA GYM* 09h00 (45')		BODY BALANCE 11h00 (1h00') MATHIAS OXYGÈNE RIDE* 10h00 (45') MATHIAS AQUA DYNAMIC* 10h00 (45')		C.A.F* 12h30(45') AQUA BIKING* 12h00 (45')	CROSS TRAINING* 13h30 (45')							
Dimanche 06h-19h														

* Cours avec réservation

EUPHORIAATHLETICALÉ K2 CYCLINGAQUAÀ L'EXTÉRIEURMUSCULATION

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