

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	SWISS BALL* 10h00 (45') MONTASSAR	ZUMBA 11h00(45') MONTASSAR		BODYPUMP* 12h30 (45') NATHALIE	PILATES 14h00 (45') NATHALIE			SWISS BALL* 16h30 (45') NATHALIE	BODY PUMP* 17h30 (1h00') YACINE	BODY ATTACK 18h30 (1h00') JOSEPHINE	STEP INTERMÉDIAIRE* 19h30 (1h00') HAMMADI	BODY BALANCE 20h30 (45') JOSEPHINE	
	CROSS TRAINING* 08h15 (45') YACINE	TEAM TRAINING* 09h00 (45') YACINE	YOGA* 10h00 (1h15') CHLOÉ			BOXING* 12h30 (45') ALAIN			TEAM TRAINING* 15h45 (45') WALID	GRIT* 16h45(45')ELEONORE	PILATES* 17h0(45') JOSEPHINE	FIT BOXING* 18h30 (1h00') ELEONORE	POLE DANCE* 19h30 (1h30') CELIA		
			RPM* 10h00 (45') NATHALIE			OXYGÈNE RIDE* 12h30 (45') YACINE					RPM* 17h30(45') NATHALIE	OXYGÈNE RIDE* 18h30 (45') HAMMADI	SPRINT* 19h30 (30') ELEONORE		
		AQUA DYNAMIC* 09h00 (45') VINCENT	AQUA WORK* 10h00 (45') VINCENT	AQUA BIKING* 11h00 (45') VINCENT		AQUA BIKING* 12h30 (45') VINCENT				AQUA GYM* 16h30 (45') VALENTINE	AQUA BIKING* 17h30 (45') VALENTINE	AQUA DYNAMIC* 18h30 (45') VALENTINE			
Mardi 06h-23h		LES MILLS CORE* 09h00 (45') JOSEPHINE	STRETCHING 10h00 (45') JOSEPHINE			BODY COMBAT 12h30 (45') ELEONORE				MEC * 16h00 (45') NATHALIE	BODY SCULPT* 16h45 (45') YACINE	STEP DEBUTANT* 17h30 (1h00') AYMEN	AERO INTERMÉDIAIRE 18h30 (1h00') AYMEN	BODYPUMP* 19h30(1h00') BRUNO	GRIT* 20h30 (30') SARA
		GRIT* 09h15 (30') WALID	TEAM TRAINING* 10h00 (45') ELEONORE	CROSS TRAINING* 11h00 (45') YACINE		CROSS TRAINING* 12h30 (45') YACINE				CROSS TRAINING* 16h45(45') ANTOINE	YOGA* 17h30 (1h00') ELEONORE	BODY BALANCE 18h30 (45') ELEONORE	CROSS TRAINING* 19h30(45') JOSEPHINE	TEAM TRAINING* 20h30 (45') BRUNO	
	SPRINT* 08h30 (30') ELEONORE					RPM* 12h30 (45') NATHALIE					OXYGÈNE RIDE* 17h30 (45') JOSEPHINE	RPM* 18h30 (45') NATHALIE	OXYGÈNE RIDE* 19h30 (45') YACINE		
		AQUA BIKING* 09h00 (45') VINCENT	AQUA BIKING* 10h00 (45') VINCENT	AQUA WORK* 11h00 (45') VINCENT		AQUA DYNAMIC* 12h30 (45') VINCENT	EVEREST RUN* 12h30 (45') BRUNO					AQUA GYM* 17h30 (45') VALENTINE	AQUA WORK* 18h30(45') VALENTINE	AQUA BIKING* 19h30 (45') VALENTINE	
Mercredi 06h-23h		BODY PUMP* 09h00 (1h00') JOSEPHINE	BODY BALANCE 10h00(1h00') YACINE	PILATES 11h00(45') YACINE		STEP DEBUTANT* 12h30 (45') HAMMADI			Kids BABY GYM* 15h30 (45') Nathalie	Kids MOVE KID* 16h30 (45') Nathalie	BODY COMBAT 17h30 (1h00') ELÉONORE	ZUMBA 18h30(45') MONTASSAR	SWISS BALL* 19h15 (45') MONTASSAR	BACHATA* 20h00 (1h00') MONTASSAR	
			CROSS TRAINING* 10h00 (45') JOSEPHINE			BODY BALANCE* 12h30(45') NATHALIE			TEAM TRAINING* 15h30 (45')	TEAM TRAINING* 16h30 (45') AYMEN	C.A.F* 17h30 (1h00') AYMEN	GRIT* 18h30(30') ELEONORE	BOXING ADVANCE* 19h30 (1h00') ALAIN	CROSS TRAINING* 20h30(45')	
		OXYGÈNE RIDE* 09h00 (45')HAMMADI				AQUA BIKING* 12h30(45') VALENTINE				RPM* 16h30(45') ELEONORE	RPM* 17h30 (45') NATHALIE	OXYGÈNE RIDE* 18h30(45') BRUNO			
		AQUA GYM* 09h00(45') VALENTINE	AQUA WORK* 10h00(45') VALENTINE	AQUA BIKING* 11h00 (45') VALENTINE		CIRCUIT TRAINING* 12h30 (45')					AQUA BIKING* 17h30 (45') WALID	CIRCUIT TRAINING* 17h30 (45') BRUNO	AQUA BIKING* 18h30(45') WALID	AQUA WORK* 19h30 (45') WALID	
Jeudi 06h-23h		BODY SCULPT* 09h00 (45') YACINE	AERO DEBUTANT 10h00 (1h00') HAMMADI			BODY PUMP* 12h30 (45') ELEONORE					LES MILLS CORE* 16h45 (30') JOSEPHINE	AERO DEBUTANT 17h30 (1h00') HAMMADI	STEP /AERO NIVEAU DEB / INTER 18h30 (1h00') HAMMADI	BODYJAM 19h30 (1h00') JOSEPHINE	
	TEAM TRAINING* 08h15 (45')	GRIT* 09h30 (30') SARA	BOXING* 10h15 (1h00') ALAIN			TEAM TRAINING* 12h30 (45') BRUNO				TEAM TRAINING* 16h45(45') BRUNO	BOXING* 17h30 (1h00') ALAIN	TEAM TRAINING* 18h30(45') PAUL	BODY BALANCE* 19h30 (45') YACINE	POLE DANCE* 20h15 (1h30') CELIA	
		OXYGÈNE RIDE* 09h15 (45') BRUNO	SPRINT* 10h15 (30') YACINE			OXYGÈNE RIDE* 12h30 (45') SARA				SPRINT* 16h45 (30') YACINE	OXYGÈNE RIDE* 17h30 (45') JOSEPHINE	OXYGÈNE RIDE* 18h30 (45') MOHAMED-ANTOINE			
		AQUA WORK* 09h00(45') VALENTINE	AQUA DYNAMIC* 10h00 (45') VALENTINE			AQUA GYM* 12h30 (45') VALENTINE	AQUA DYNAMIC* 13h45 (45') VINCENT			AQUA BIKING* 16h30(45') VINCENT	AQUA DYNAMIC* 17h30 (45') VINCENT	AQUA DYNAMIC* 18h30 (45') VINCENT			
Vendredi 06h-23h		SWISS BALL* 09h00 (45') NATHALIE	STRETCHING 10h00(1h00') ELEONORE			BODY ATTACK 12h30 (45') NATHALIE / ELEONORE					GRIT* 16h45 (30') ELEONORE	STEP DEBUTANT* 17h30 (1h00') AYMEN	BODY PUMP* 18h30 (1h00') JOSEPHINE	PILATES 19h30(45') YACINE	
		CROSS TRAINING* 09h00 (45') JOSEPHINE	TEAM TRAINING* 10h00 (45') JOSEPHINE			YOGA* 12h30(1h00') CHLOÉ				CROSS TRAINING* 16h00 (45') YACINE	C.A.F* 16h45 (45') AYMEN	LES MILLS CORE* 17h30 (45') ELEONORE	CROSS TRAINING* 18h30 (45') AYMEN	FUNCTIONAL MOBILITY 19h30 (45') JOSEPHINE	
			RPM* 10h00 (45') NATHALIE			OXYGÈNE RIDE* 12h30(45') SARA						OXYGÈNE RIDE* 17h30(45') YACINE			
		AQUA BIKING* 09h00(45') WALID	AQUA BIKING* 10h00 (45') WALID	AQUA DYNAMIC* 11h00(45') WALID		AQUA WORK* 12h30(45') WALID				AQUA GYM* 16h30 (45') PAUL		AQUA WORK* 17h30 (45') PAUL	AQUA BIKING* 18h30(45') PAUL		
Samedi 06h-19h		BODY PUMP* 09h00 (1h00') MATHIAS	C.A.F* 10h00(45')	BODY BALANCE 11h00 (1h00') MATHIAS		ZUMBA 12h30(45') MATHIAS	C.A.F* 14h00(45') MATHIAS								
		TEAM TRAINING* 09h00 (45')						CROSS TRAINING* 15h00 (45')							
			OXYGÈNE RIDE* 10h00 (45') MATHIAS												
		AQUA GYM* 09h00 (45')	AQUA DYNAMIC* 10h00 (45')	AQUA WORK* 11h00 (45')	AQUA BIKING* 12h00 (45')										
Dimanche 06h-19h		BODY PUMP* 09h00 (1h00')	C.A.F* 10h00(45')	STRETCH 11h00(45')											
		CROSS TRAINING* 09h00 (45')													
			OXYGÈNE RIDE* 10h00 (45')	OXYGÈNE RIDE* 11h00 (45')											
		Kids AQUA BABY* 08h45 (45')	Kids AQUA KID* 09h30 (45')	Kids AQUA BABY* 10h15 (45')	Kids AQUA KID* 11h00 (45')	AQUA BIKING* 12h00 (45')	NAGE LIBRE 13h00 (1h00')								
<div>* Cours avec réservation</div> <div>EUPHORIAATHLETICALK2 CYCLINGAQUAÀ L'EXTÉRIEURMUSCULATION</div> <div>* Planning pouvant être modifié à tout moment en cas de force majeure (travaux absence d'un coach...)</div>															