	SPORT	ONE			PLANNI	NG 20	<b>VING 2020/2021</b>			SP	ORT ON	ME
	TUNDI	-	MARDI		MERCREDI	IO	JEUDI		VENDRED	REDI	SAN	SAMEDI
9h30	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
10h30	RPM. LESMILLS	D.	Body			AQUA BIKING	EYSPORT PILATES		Cuisses <sub>Abdos</sub> Fessiers		RPM. LESMILLS	
11130	45	AQUARINI 45'	<del>ĝ</del>	AQUA CO TONUS RE	LESMILLS BODYBALANGE		45	AQUA BIKING	45	AQUADYNAMIC	LESMILIS BODYPUMP 45'	
12h00				:				ANTANAMIA			:	ANI INTRIBITY
12h30		AQUA BIKING 30'				AQUADYNAMIC 30'		AVUAUTRAFILO 45'				45'
13h30	PLAIN CRESS	12h35 Been ROMA BIKING 45'	S BODYATTACK 45	AQUA BIKING	RPM. TRAINING 45' AS'	1	BODYPUMP 45	AQUATRAINING 45'	BODYBALANCE &	REPORT AQUA BIKING 45'		BISPORT AQUA BIKING 45'
14h30			867		g8 330.	LEÇONS						
16h00						NATATION						AQUA BIKING 45'
17h00				AQUADYNAMIC		Enfants Adultes 13h30-17h00						
17h30	4.53	17H05	688	B'SPORT		17H05		17h05 R B'SPORT	CRASS		AMIC	DIMANCHE
18h00		AQUA BIKING	17H40 Cuisses Hados <sub>rassins</sub>	AQUA BINNE 45'		AOUA BIKING		AQUA BIKING 45'	TRAINING			
18h30	TO THE STATE OF TH	S BSPORT AQUA BIKING	18H15 18H15 2008 FLASH	-AOMINI	BOOYBALANCE FIRE	HSPORT STATES	Fithexe Sport	AQUADYNAMIC	IPIN LESMILLS	B'SPORT AQUA BIKING	Ouver	Ouverture de
19h00	ESS AS THROWS THROWS THROWS THROWS	AQUADYNAMIC	الح	45' Beogram	BODYCOMBAT RPM.LS	45'	CRESCONDING CRESS	45' Bisport AQUA BIKING	ZVNBA	45' 40UA CO TONUS RE	9h à '	9h à 16h00
	LESMILLS BODYCOMBAT.	AQUA BIKING	BODYBAIANCE PM. 145/11.5	AQUATRAINING		AQUA BIKING	LESMILLS BODYPUMP	ROUATRAINING		45		
	renforcement musculaire cardio renforcement muscles profonds, dos danse	sculaire scles profond		ouvert 7jours/7 lundi/mardi/me samedi et dima	ouvert 7jours/7 Iundi/mardi/mercredi/jeudi/vendredi - 7h/22h30 samedi et dimanche 9h/16h00	.di - 7h/22h30	Bc 32 33: Tel.	Boulevard Albert Godart 32 rue des marronniers 33110 Le Bouscat Tel. 05 56 69 91 23	Godart nniers	Suiv	Suivez-nous! sur Fet sur	M

contact@sport-one.fr