1) SP. AT		PLAN	PLANNING SEPTEME			E 2016 JUILLET 2017				≱ѕеент		
	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	
9h30				i i									
	LESMILLS		Sculpt				B'SPORT			ACHARVIJALITO	LESMILLS		
	M'ili 😪		Sculpt				PILATES			AQUADYNAMIC	👺 RPM		
10h30	45'		45'				45'			45'	45'		
		AQUA ROOV		AQUA CO				AOUA DIVINO	Cuisses	AQUACOOL	LESMILLS DANGER		
11h30				TONUS RE				🗯 AQUA BIKING	ressiera		BODYPUMP		
111130		45'		45'				45'	45'	45'	45'	4.0114.000	
												AQUAM	
12h30											1	45'	
13h00	B'SPORT	BISPORT	CXWORX	ll l	LESMILLS	AOI IA MINI	LesMills	AQUADYNAMIC	LESMILLS	B'SPORT		S'SPORT	
	PILATES	🥞 AQUA BIKING	30' STRETCHING		APM.	AQUA	BODYPUMP	ACCAUTRAMIC	RPM.	🖀 AQUA BIKING		🥞 AQUA BIKING	
13h30	45'	45'	30'	5	45'	45'	45'	45'	45'	45'		45'	
	,.	**				i i						DIMANCHE	
						NATATION							
						DEBUTANT					Ouver	ture de	
												13h30	
						Enfants Adultes					Jii u	101100	
17h00						13h30- 17h30							
47500				NATATION					B SPORT				
17h30			Cuisses	LIBRE					11118	-			
		ļ.	Cuisses _{Abdos} Fessiers	17h-18h					I IEMI EO				
18h00			30'				Lesmills		55				
	BODYPUMP BANK	€ B'SPORT	LesMILLS -	A OLI A RIGHT	LESVILLS CARROWN	∦ B'SPORT	CXWORX		-	B SPORT			
18h30	30'	🚵 ANIIA RIVING	SH'RAM	AQUA W	MOVEMENT Training	ANIA DIVING	30'	AQUADYNAMIC	<i>ज</i> ितत्व	ANIA DIVINA			
	CXWORX	minie wyk	ווויאה ווה			🦟 AŲVA DININO	BODYCOMBAT.		(S)(13)	🚟 HŲUA DININD			
19h00	30' 45'	45'	45'	45'	55' 45'	45'		45°	45'	45'			
	LESMILS Cinetals	ACHADYNAMIC	LESMILLS	B'SPORT	LESMILLS LESMILLS	AQUA	RPM	В вроит	LESMILLS 🦣	AQUADYNAMIC			
	BODYBALANCE Training	AQUADYNAMIC	RODYPUMP	🧱 AQUA BIKING	BODYCOMBAT 🐺 RPM.	TISU I	19H15-20h00	🗯 AQUA BIKING	SH'BAM	AUUAUTRAMIC			
20h00	55' 45'	45'	55'	45'	55' 45'	45'	45'	45'	45'	45'			
	LESMILLS	B'SPORT	DISPOSIT LESMALS		ET Edit	NATATION	LesMILLS						
	BODYCOMBAT.	🧱 AŲUA BIKING	PILATES RPM		X SILED	LIBRE	EUDALAWL					4	
	55'	45'	45' 45'		45'		55'				_		
	renforcement musculaire			ouvert 7jours/7			Deviloused Albert Codest/22 was des morroriers						

renforcement musculaire
cardio
renforcement muscles profonds, dos
danse

ouvert 7jours/7 lundi/mardi/mercredi/jeudi/vendredi - 9h/21h samedi - 9h/13h30 dimanche - 9h/13h30 Boulevard Albert Godart/32 rue des marroniers 33110 Le Bouscat Tel. 05 56 69 91 23 contact@bsport.fr