	SPORT ONE		PLANNING ALLEGE DU 29/06 AU						U 15/08 SPORT ONE			
	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
01.00	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h30 10h30	RPM.		Body Sculpt				PILATES 45'				RPM. 45'	
11h30		45'		AGUA CO TONUS RE 45'				AQUA BIKING 45'		AQUADYNAMIC 45'	BODYPUMP 45'	
12h00		S'SPORT				AQUADYNAMIC		AQUADYNAMIC				AQUA W
12h30		AQUA BIKING 30'				30'		45'				45'
13h00	PILATES	AQUA BIKING	BODYATTACK	E'SPORT AQUA BIKING	RPM.	-AQUA'BOY	BODYPUMP.		LESMILLS Bodybalance	AQUA BIKING		AQUA BIKING
13h30	45'	45'	45'	45'	45'	45'	45'		45'	45'		45'
14h30												
16h00												
17h00												
17h30		E'SPORT						É B'SPORT			DIMA	NCHE
18h00		AŲUA BIKING						AQUABIKING			DIMANCHE	
18h30		B'SPORT	18H15	AQUA	LESMLLS CARRIED	B'SPORT	LESMILLS FITHOXE	AQUADYNAMIC		E'SPORT		
19h00	45'	AŲVA BIKING 45'	ZUM BA	45'	BOOVBALANCE FARRIES 55' 45'	AVVA BIKING	45' 55'	45'		45' AQUA BIKING	Ouverture de 9h à 16h00	
20h00	Fithoxe CROSS TRAINING	AQUADYNAMIC 45'	BODYPUMP ss'	AQUA BIKING 45°	BODYCOMBAT.	AQUARDY 45'	LESMILLS BODYATTACK	AQUA BIKING	RPILE ZIMBA			
						AQUA BIKING						1
	renforcement musculaire ouvert 7 jours/7 Boulevard Albert Godart											L

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ouvert 7jours/7 lundi/mardi/mercredi/jeudi/vendredi - 7h/22h30 samedi et dimanche 9h/16h00 Boulevard Albert Godart 32 rue des marronniers 33110 Le Bouscat Tel. 05 56 69 91 23 contact@sport-one.fr