## SP. BAT

## **PLANNING SEPTEMBRE 2016**

	© Club de forme									
	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h30										
405.00	RPM.		Sculpt				PILATES			AQUADYNAMIC
10h30	45'	AQUA	45'	AQUA CO TONUS RE			45'	AQUA BIKING	Cuisses <sub>Abdos</sub> <sub>Fessiers</sub>	AQUACOOL
11h30		45'		45'				45'	45'	45'
12h30										
13h00	PILATES	AQUA BIKING	CXWORX 30' STRETCHING		RPM.	AQUA BOY	BODYPUMP	AQUADYNAMIC	RPM.	AOUA BIKING
13h30	45'	45'	30'		45'	45'	45'	45'	45'	45'
17h00						NATATION DEBUTANT Enfants Adultes 13h30-17h30				
17h30				NATATION					B'sport	
			Cuisses <sub>Abdos</sub> <sub>Fessiers</sub>	LIBRE 17h-18h					PILATES	
18h00			30'		,					
18h30	BODYPUMP  30'  LESMILS CXWORX  45'	E'SPORT AQUA BIKING 45'	SH'BAM.	45'	BODYBALANCE Training  55'  LESMILL5  Circuit  Training  45'	E'SPORT  AQUA BINING  45'	CXWORX  30'  BODYCOMBAT.	AQUADYNAMIC		E'SPORT AQUA BIKING
19h00 20h00	BODYBALANCE Training  55'  45'	AQUADYNAMIC 45'	BODYPUMP.  55'	B'SPORT AQUA BIKING 45'	BODYCOMBAT RPM 55' 45'	<b>45'</b>	LESMILLS RPM. 45'	45' B'SPORT AQUA BIKING 45'	45' LESMILLS SH'BAM 45'	AQUADYNAMIC 45'
	Lesmills BODYCOMBAT. 55'	AQUA BIKING 45'	PILATES RPM. 45' 45'		45'	NATATION LIBRE	BODYPUMP 55'			

renforcement musculaire

cardio

renforcement muscles profonds, dos

danse

ouvert 7jours/7 lundi/mardi/mercredi/jeudi/vendredi - 9h/21h samedi - 9h/13h30 dimanche - 9h/13h30

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AQUAWORK

AQUADYNAMIC

**AQUADYNAMIC** 













Lesmills BODYCOMBAT.











Lesmills RPM.











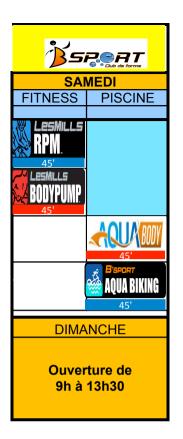
















LESMILLS

















