SP. SAT

PLANNING SEPTEMBRE 2016 JUILLET 2017

	- Lob de forme		MADDI				171171		MENTER	
	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h30										
	LESMILLS		Body				B'SPORT		1	ACHARVMANIC
	RPM.		Sculpt				PILATES		1	AQUADYNAMIC
10h30	45'		45'				45'		1	45'
	·	A OLIA DODY		AOUA CO				B'SPORT	Cuisses	ANIMANAL
		AQUARWY.		AQUA CO TONUS RE				🧱 AQUA BIKING	Addos	AQUACOOL
11h30		45'		45'				45'	45'	45'
		43		43				43	43	45
									1	
12h30									1	
121130	E'sport	R'sport	CXWORX		LESMILLS		LesMills		LESMILLS	E'sport
13h00	DUATE	ANIIA DIVINO	GXWURX 30'		RPM	AQUIN BODY	RONVPIIMP	AQUADYNAMIC	RPM.	ANIIA DIVINO
	PILATES	🧱 AQUA BIKING	30' STRETCHING				BODYPUMP.			AŲVA DINING
13h30	45'	45'	30'		45'	45'	45'	45'	45'	45'
									1	
									!	
						NATATION			1	
						DEBUTANT			1	
									1	
						Enfants Adultes 13h30- 17h30			1	
17h00						131130- 171130			1	
									R'spopt	
17h30				NATATION LIBRE					DILATEA	
			Cuisses Abdos -	17h-18h					PIMIS	
			Cuisses _{Abdos} _{Fessiers}						55'	
18h00			30'			- Income	LesMiLLs			
	BODYPUMP LESMILLS	هر B'sport	LesMills 🔼	A OLIA PONV	A LESMILLS Chronift	A E'SPORT	CXWORX		3 0	B'SPORT
18h30	30'	ANIIA DIVINA	CU'DAM 🥦		DODUDAL ENOF	ACHA DIVINO	30'	AQUADYNAMIC	(हॅंसनन)	A SAUL BUVIUS
	LESMILLS	🚃 AŲVA DININU	ON DAM.		BODYBALANCE Training		LesMILLs	MANALIMANIA		₩ 41110 H (1)1F
401.00	CXWORX 45'	45'	45'	45'	55' 45'	45'	BODYCOMBAT.			w uáau piuina
19h00	30'	17 x 13 x 27 x 2 x 13				-	30'	45'	45'	45'
	() LESMILLS Circuit	AQUADYNAMIC	LESMILLS	& B'SPORT	LESMILLS LESMILLS	AQUA BODY	RPM.	& B'SPORT	LESMILLS	AQUADYNAMIC
	BODYBALANCE Training	AUVAPTIMITIE	KUUYPUMP	🧱 AQUA BIKING	BODYCOMBAT. RPM.	ועטען	19H15-20h00	🧱 AQUA BIKING	SH'BAM.	AUVAVITANTIO
20h00	55' 45'	45'	55'	45'	55' 45'	45'	45'	45'	45'	45'
	LESMILLS	R'SPORT	B'SPORT LESMILLS		20	NATATION	LesMILLs			
	BODYCOMBAT.	🥮 AQUA BIKING	PILATES RPM.		X STEEP	LIBRE	BODYPUMP.		1	
	55'	45'	45'		45'		55'		1	
	<u></u>	- 1 3	40		73					

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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