

## SPORT ONE

## PLANNING 2021

## SPORT ONE

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h30												
10h30	LES MILLS RPM 45'		Body Sculpt 45'				B'SPORT AQUA BIKING 45'	B'SPORT PILATES 45'	Cuisses Abdos Fessiers 45'		LES MILLS RPM 45'	
11h30		AQUA BODY 45'		AQUA TONUS CORE 45'	LES MILLS BODYBALANCE 55'			B'SPORT AQUA BIKING 45'		AQUADYNAMIC 45'	LES MILLS BODYPUMP 45'	
12h00								AQUADYNAMIC 45'			CRASS TRAINING 45'	AQUA BODY 45'
12h30		B'SPORT AQUA BIKING 30'										
13h30	B'SPORT PILATES 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYATTACK 45'	B'SPORT AQUA BIKING 45'	LES MILLS RPM 45'	CRASS TRAINING 45'	AQUA BODY 45'	LES MILLS BODYPUMP 45'	AQUA TRAINING 45'	LES MILLS BODYBALANCE 45'	B'SPORT AQUA BIKING 45'	B'SPORT AQUA BIKING 45'
14h30												
16h00							LEÇONS NATATION					
17h00				AQUADYNAMIC 45'		Enfants Adultes 13h30-17h00						
17h30		17H05 B'SPORT AQUA BIKING 45'	17H30 Cuisses Abdos Fessiers 30'	B'SPORT AQUA BIKING 45'		17H05 B'SPORT AQUA BIKING 45'		17h05 B'SPORT AQUA BIKING 45'	CRASS TRAINING 45'		DIMANCHE	
18h00	ZUMBA 55'	CRASS TRAINING 55'	LES MILLS BODYPUMP 55'	B'SPORT PILATES 45'	AQUA BODY 45'	LES MILLS BODYBALANCE 55'	CRASS TRAINING 45'	LES MILLS BODYPUMP 55'	CRASS TRAINING 45'	ZUMBA 55'		
18h30	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	Ouverture de 9h à 16h00	
19h00	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'		
20h00	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	Ouverture de 9h à 16h00	
	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYPUMP 55'		

- renforcement musculaire
- cardio
- renforcement muscles profonds, dos
- danse

ouvert 7j/7  
 lundi/mardi/mercredi/jeudi/vendredi - 7h/22h30  
 samedi et dimanche 9h/16h00

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Suivez-nous !  
 sur   et sur [www.sport-one.fr](http://www.sport-one.fr)