



# PLANNING SEPTEMBRE 2016 JUILLET 2017



LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
<b>LES MILLS RPM</b> 45'		<b>Body Sculpt</b> 45'				<b>B'SPORT PILATES</b> 45'			<b>AQUADYNAMIC</b> 45'	<b>LES MILLS RPM</b> 45'	
	<b>AQUA BODY</b> 45'		<b>AQUA TONUS CORE</b> 45'				<b>B'SPORT AQUA BIKING</b> 45'	<b>Cuisses Abdos Fessiers</b> 45'	<b>AQUACOOL</b> 45'	<b>LES MILLS BODYPUMP</b> 45'	
											<b>AQUA BODY</b> 45'
<b>B'SPORT PILATES</b> 45'	<b>B'SPORT AQUA BIKING</b> 45'	<b>CXWORX STRETCHING</b> 30'		<b>LES MILLS RPM</b> 45'	<b>AQUA BODY</b> 45'	<b>LES MILLS BODYPUMP</b> 45'	<b>AQUADYNAMIC</b> 45'	<b>LES MILLS RPM</b> 45'	<b>B'SPORT AQUA BIKING</b> 45'		<b>B'SPORT AQUA BIKING</b> 45'
					<b>NATATION DEBUTANT</b> Enfants Adultes 13h30- 17h30					<b>DIMANCHE</b>  <b>Ouverture de 9h à 13h30</b>	
			<b>NATATION LIBRE</b> 17h-18h								
		<b>Cuisses Abdos Fessiers</b> 30'						<b>B'SPORT PILATES</b> 55'			
<b>LES MILLS BODYPUMP</b> 30'	<b>LES MILLS RPM</b> 45'	<b>B'SPORT AQUA BIKING</b> 45'	<b>LES MILLS SH'BAM</b> 45'	<b>AQUA BODY</b> 45'	<b>LES MILLS BODYBALANCE</b> 55'	<b>Circuit Training</b> 45'	<b>B'SPORT AQUA BIKING</b> 45'	<b>CXWORX</b> 30'	<b>AQUADYNAMIC</b> 45'	<b>STEP</b> 45'	<b>B'SPORT AQUA BIKING</b> 45'
<b>LES MILLS CXWORX</b> 30'								<b>LES MILLS BODYCOMBAT</b> 30'			
<b>LES MILLS BODYBALANCE</b> 55'	<b>Circuit Training</b> 45'	<b>AQUADYNAMIC</b> 45'	<b>LES MILLS BODYPUMP</b> 55'	<b>B'SPORT AQUA BIKING</b> 45'	<b>LES MILLS BODYCOMBAT</b> 55'	<b>LES MILLS RPM</b> 45'	<b>AQUA BODY</b> 45'	<b>LES MILLS RPM</b> 19h15-20h00 45'	<b>B'SPORT AQUA BIKING</b> 45'	<b>LES MILLS SH'BAM</b> 45'	<b>AQUADYNAMIC</b> 45'
<b>LES MILLS BODYCOMBAT</b> 55'	<b>B'SPORT AQUA BIKING</b> 45'	<b>B'SPORT PILATES</b> 45'	<b>LES MILLS RPM</b> 45'		<b>STEP</b> 45'		<b>NATATION LIBRE</b>	<b>LES MILLS BODYPUMP</b> 55'			

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

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

Boulevard Albert Godart/32 rue des marronniers  
 33110 Le Bouscat Tel. 05 56 69 91 23  
 contact@bsport.fr

