

SPORT ONE

PLANNING 2019/2020

SPORT ONE

| | LUNDI | | MARDI | | MERCREDI | | JEUDI | | VENDREDI | | SAMEDI | |
|-------|---------------------------|-------------------------------|----------------------------------|-------------------------|---------------------------|-------------------------------|-------------------------|-------------------------------|----------------------------|-------------------------|-------------------------|-------------------------|
| | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE |
| 9h30 | LES MILLS RPM 45' | | Body Sculpt 45' | | | B'SPORT AQUA BIKING 45' | B'SPORT PILATES 45' | | Cuisses Abdos Fessiers 45' | | LES MILLS RPM 45' | |
| 10h30 | | AQUA BODY 45' | | AQUA TONUS CORE 45' | LES MILLS BODYBALANCE 55' | | | B'SPORT AQUA BIKING 45' | | AQUADYNAMIC 45' | LES MILLS BODYPUMP 45' | |
| 11h30 | | | | | | | | | | | | |
| 12h00 | | | | | | | | | | | | |
| 12h30 | | B'SPORT AQUA BIKING 30' | | | | | | | | | | |
| 13h00 | B'SPORT PILATES 45' | 12h35 B'SPORT AQUA BIKING 45' | LES MILLS BODYATTACK 45' | B'SPORT AQUA BIKING 45' | THE TRIP 45' | 12h35 AQUA BODY 45' | LES MILLS BODYPUMP 45' | AQUA TRAINING 45' | LES MILLS BODYBALANCE 45' | B'SPORT AQUA BIKING 45' | B'SPORT AQUA BIKING 45' | |
| 13h30 | | | | | | | | | | | | |
| 14h30 | | | | | | | | | | | | |
| 16h00 | | | | | | | | | | | | |
| 17h00 | | | | | | | | | | | | |
| 17h30 | | 17h05 B'SPORT AQUA BIKING 45' | | B'SPORT AQUA BIKING 45' | | 17h05 B'SPORT AQUA BIKING 45' | | 17h05 B'SPORT AQUA BIKING 45' | | | | |
| 18h00 | | | 17h40 Cuisses Abdos Fessiers 45' | | | | | | | | | |
| 18h30 | LES MILLS BODYPUMP 55' | CRASS TRAINING 55' | 18h15 ZUMBA 45' | 18h15 ABDO FLASH 30' | LES MILLS BODYBALANCE 55' | CRASS TRAINING 45' | B'SPORT AQUA BIKING 45' | Fitboxe 55' | B'SPORT PILATES 45' | AQUADYNAMIC 45' | LES MILLS RPM 45' | B'SPORT AQUA BIKING 45' |
| 19h00 | LES MILLS BODYBALANCE 55' | Fitboxe 55' | LES MILLS BODYPUMP 55' | CRASS TRAINING 45' | LES MILLS BODYCOMBAT 55' | THE TRIP 45' | AQUA BODY 45' | LES MILLS BODYATTACK 55' | CRASS TRAINING 55' | B'SPORT AQUA BIKING 45' | ZUMBA 55' | AQUA TONUS CORE 45' |
| 20h00 | LES MILLS BODYCOMBAT 45' | B'SPORT AQUA BIKING 45' | B'SPORT PILATES 45' | LES MILLS RPM 45' | AQUA TRAINING 40' | CRASS TRAINING 45' | B'SPORT AQUA BIKING 45' | LES MILLS BODYPUMP 45' | AQUADYNAMIC 45' | | | |

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

ouvert 7j/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

Suivez-nous !
 sur  et sur 
www.sport-one.fr