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## **PLANNING SEPTEMBRE 2016 JUILLET 2017**



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LUNDI		MARDI			MERCREDI		JEUDI		VENDREDI		SAMEDI	
FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	S PIS	CINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
LESMILLS							Conner				LESMILLS	
RPM.		Sculpt					PILATES			AQUADYNAMIC	RPM	
45'		45'					45'			45'	45'	1
.,	AQUA MW	,,,	AGNA CO TONUS RE					B'SPORT	Cuisses <sub>Marins</sub>	AOUACOOL	LESMILLS	
			and the second s					🏙 AQUA BIKING	Fessiers	AQUACOOL	BODYPUMP	
	45'		45'					45'	45'	45'	45'	A OLIA COM
												45'
B'SPORT	₹ B'SPORT	CXWORX			LLS AN	LA/mm/	LESMILLS	ACHARVVALUE	LESMILLS	SSPORT		<b>₽</b> B'SPORT
<b>PILATES</b>	🌺 AQUA BIKING	30' STRETCHING		RPM.	AQ	Mann	<b>BODYPUMP</b>	AQUADYNAMIC	🎇 RPM.	📽 AQUA BIKING		🐸 AQUA BIKING
45'	45'	30'		45'		45'	45'	45'	45'	45'	190	45'
				5.5							DIMA	NCHE
						TATION						
					DEB	UTANT					C1000000000000000000000000000000000000	ture de 13h30
						s Adultes					en a	131130
					13h30	0- 17h30						Ţ,
			NATATION LIBRE						B SPORT			
		Cuisses <sub>Abdos</sub> Fessiers	17h-18h						PILATES		1	
		30'							55'			
RODVPIIMP LESILLS	FISPORT	LesMills 🦰	AOUA	M LESMILLS A	inelik 📝 Es	PORT	CXWORX			B'SPORT		
30'	👙 KONIA RIKINA	SH'RAM	AQUA	RODYRAI ANCE	raining 44 I	IN RIVING	30'	AQUADYNAMIC	THE PARTY OF THE P	a ANIIA DIVINC		
CXWORX 45	45'	45'	45'	SS'	45'	45'	BODYCOMBAT		I SILITA	AÁAH DIVING		
30'		LesMills	Report	Lesmils	) politic	18	30'	45'	LESVILLS	45'		
BODYBALANCE Training	AQUADYNAMIC	BODYPUMP	📤 AQUA BIKING		₩Q.	UARW	RIP M	AQUA BIKING	SH'BAM	AQUADYNAMIC		
55' 45'	45'	55'	45'	55'		45'	19H15-2Óh00 45'	45'	45'	45'		
LESMILLS	B SPORT	DI ATTO				TATION	LESMILLS	1000				
BODYCOMBAT.	adna riving	PILATES RPM		X SULE	155 "	IBRE	<b>&amp; BODYPUMP</b>					1
55'	45'	45' 45'		45'			55'					
renforcement musculaire ouvert 7jours/7							Boulevard A	lbert Godart/	32 rue des m	arroniers		7

renforcement muscles profonds, dos

danse

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

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