| | SPORT ONE PLANNING 2018 SP | | | | | | | | | | ORT (| DNE |
|----------------|----------------------------|------------------------|---------------|---------------------------|--------------------------|--------------------------------|-------------------------|---------------------|--|--------------------|----------------------|-------------------|
| | LUNDI | | MARDI | | MERCREDI | | JEUDI | | VENDREDI | | SAMEDI | |
| 9h30 | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE | FITNESS | PISCINE |
| 10h30 | RPM. | | Sculpt 45' | | | AQUA BIKING | PILATES 45' | | Cuisses _{Abdos} _{Fessiers} | | RPM. | |
| 11h30 | .5 | AUN W | · | AOVA CO TONUS RE | BODYBALANCE | | | AQUA BIKING | ·J | AQUADYNAMIC 45' | LESMILLS BODYPUMP | |
| 12h00 | | _ж Виол | | ** | | | | AQUADYNAMIC | | 7 | | |
| 12h30 | | AQUA BIKING | | | | | | 45' | | | | 45' |
| 13h00 13h30 | PILATES | AQUA BIKING 45' | BODYATTACI | AQUA BIKING | RPM. | 12h35 | BODYPUMP. | AQUATRAINING 45' | BODYBALANCE | AQUA BIKING | | AQUA BIKING |
| 14h30 | 45 | 45 | 45 | 43 | 45 | LEÇONS | 45' | 45 | 45 | 45 | | 45 |
| 16h00 | | | | | | NATATION | | | | | | AQUA BIKIN 45' |
| 17h00 | | | | AQUADYNAMIC | | Enfants Adultes 13h30-17h00 | | | | | | |
| 17h30 | | 17H05 | 17H40 | A5' BSPORT ANIIA DIVING | | 17H05 | | 17h05 B'SPORT | PILATES | | DIMANCHE | |
| 18h00 | | AŲ VA BIAINU | CuissesAbdos | W NYUH DINING | | AUUA BIKING | <u> </u> | AVVA DINING | I TILMIW | | | |
| 18h30 | LESMILS RODVPUMP RPM | E'SPORT AOUA BIKING | 18H15 FIMAN | .0 | BODYBALANCE CRESS | ANIIA RIKINA | Fithoxe | AQUADYNAMIC | LESMILLS RPM | # AOUA BIKING | Ouverture de | |
| 19h00 | 55' 45' LESMILLS FITHORE | 45' | 45' 45' | 45' | S LESMILS LESMILS | 45' | 45' | 45' | 45' | AQUA CO | | 16h00 |
| 20h00 | BODYBALANCE 45' | AQUADYNAMIC 45' | BODYPUMP LIST | AQUA BIKING | BODYCOMBAT RPM 55' 45' | 45' | BODYATTACK | AQUA BIKING | ZVM BA | TONUS RE | | |
| | BODYCOMBAT. 45' | AQUA BIKING 45' | PILATES RPM | AQUATRAINING | CRASS TRAINING 45' | AQUA BIKING 45' | BODYPUMP | AQUADYNAMIC | | | | 1 |
| | renforcement musculaire | | | ouvert 7jours/7 | | | Boulevard Albert Godart | | | | | L-7 |

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cardio
renforcement muscles profonds, dos
danse

ouvert 7jours/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