

# SPORT ONE

# PLANNING 2018

# 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'               |                           |                            |                         | AQUA BODY 45'           |
| 12h30 |                           | B'SPORT AQUA BIKING 30'       |                                  |                         |                           |                               |                         |                               |                           |                            |                         |                         |
| 13h00 | B'SPORT PILATES 45'       | 12h35 AQUA BIKING 45'         | LES MILLS BODYATTACK 45'         | B'SPORT AQUA BIKING 45' | LES MILLS RPM 45'         | 12h35 AQUA BODY 45'           | LES MILLS BODYPUMP 45'  | AQUATRaining 45'              | LES MILLS BODYBALANCE 45' | B'SPORT AQUA BIKING 45'    |                         | B'SPORT AQUA BIKING 45' |
| 13h30 |                           |                               |                                  |                         |                           |                               |                         |                               |                           |                            |                         |                         |
| 14h30 |                           |                               |                                  |                         |                           |                               |                         |                               |                           |                            |                         |                         |
| 16h00 |                           |                               |                                  |                         |                           | LEÇONS NATATION               |                         |                               |                           |                            |                         | B'SPORT AQUA BIKING 45' |
| 17h00 |                           |                               |                                  | AQUADYNAMIC 45'         |                           | Enfants Adultes 13h30-17h00   |                         |                               |                           |                            |                         |                         |
| 17h30 |                           | 17H05 B'SPORT AQUA BIKING 45' |                                  | B'SPORT AQUA BIKING 45' |                           | 17H05 B'SPORT AQUA BIKING 45' |                         | 17h05 B'SPORT AQUA BIKING 45' |                           | B'SPORT PILATES 45'        |                         |                         |
| 18h00 |                           |                               | 17H40 Cuisses Abdos Fessiers 30' |                         |                           |                               |                         |                               |                           |                            |                         |                         |
| 18h30 | LES MILLS BODYPUMP 55'    | LES MILLS RPM 45'             | 18H15 ZUMBA 45'                  | FITBOXE 45'             | AQUA BODY 45'             | LES MILLS BODYBALANCE 55'     | CROSS TRAINING 45'      | FITBOXE 45'                   | AQUADYNAMIC 45'           | LES MILLS RPM 45'          | B'SPORT AQUA BIKING 45' |                         |
| 19h00 | LES MILLS BODYBALANCE 55' | FITBOXE 45'                   | LES MILLS BODYPUMP 55'           | TRX 45'                 | B'SPORT AQUA BIKING 45'   | LES MILLS BODYCOMBAT 55'      | LES MILLS RPM 45'       | AQUA BODY 45'                 | LES MILLS BODYATTACK 55'  | B'SPORT AQUA BIKING 45'    | ZUMBA 45'               | AQUA TONUS CORE 45'     |
| 20h00 | LES MILLS BODYCOMBAT 45'  | B'SPORT AQUA BIKING 45'       | B'SPORT PILATES 45'              | LES MILLS RPM 45'       | AQUATRaining 40'          | CROSS TRAINING 45'            | B'SPORT AQUA BIKING 45' | LES MILLS BODYPUMP 45'        | AQUADYNAMIC 45'           |                            |                         |                         |

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

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

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