

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														
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 30'				AQUA BODY 45'		
12h30		B'SPORT AQUA BIKING 30'								AQUADYNAMIC 45'				
13h30	B'SPORT PILATES 45'	CROSS TRAINING 45'	LES MILLS BODYATTACK 45'	B'SPORT AQUA BIKING 45'	LES MILLS RPM 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'		
14h30							LEÇONS NATATION							
16h00							Enfants Adultes 13h30-17h00					B'SPORT AQUA BIKING 45'		
17h00														
17h30		17H05 B'SPORT AQUA BIKING 45'					17H05 B'SPORT AQUA BIKING 45'							
18h00			17H40 Cuisses Abdos Fessiers											
18h30	LES MILLS BODYPUMP 55'	CROSS TRAINING 55'	LES MILLS RPM 45'	18H15 ZUMBA 45'	18H15 Abdos FLASH 30'	AQUA BODY 45'	LES MILLS BODYBALANCE 55'	B'SPORT AQUA BIKING 45'	FITBOXE 55'	B'SPORT PILATES 45'	AQUADYNAMIC 45'	LES MILLS RPM 45'	ZUMBA kids 45'	B'SPORT AQUA BIKING 45'
19h00	LES MILLS BODYBALANCE 55'	CROSS TRAINING 45'	FITBOXE 55'	AQUADYNAMIC 45'	LES MILLS BODYPUMP 55'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	LES MILLS RPM 45'	AQUA BODY 45'	LES MILLS BODYATTACK 55'	CROSS 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'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYPUMP 45'	AQUA TRAINING 45'					

renforcement musculaire

cardio

renforcement muscles profonds, dos

danse

DIMANCHE

Ouverture de
9h à 16h00