

SPORT ONE

PLANNING 2018/2019

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 Script 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'			
12h30		B'SPORT AQUA BIKING 30'				AQUADYNAMIC 45'						AQUA BODY 45'
13h00	B'SPORT PILATES 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYATTACK 45'	B'SPORT AQUA BIKING 45'	LES MILLS RPM 45'	B'SPORT 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						LEÇONS NATATION						B'SPORT AQUA BIKING 45'
16h00												
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'	B'SPORT AQUA BIKING 45'	18H15 ZUMBA 30'	18H15 ABOS FLASH 30'	LES MILLS BODYBALANCE 55'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	Fitboxe 45'	AQUADYNAMIC 45'	LES MILLS RPM 45'	B'SPORT AQUA BIKING 45'
19h00	LES MILLS BODYBALANCE 55'	LES MILLS RPM 45'	AQUADYNAMIC 45'	LES MILLS BODYPUMP 55'	TRX 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'	AQUA TRAINING 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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