

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 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'				AQUA BODY 45'					
12h30		B'SPORT AQUA BIKING 30'				AQUADYNAMIC 30'											
13h00	B'SPORT PILATES 45'	12h35 B'SPORT 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						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'		CROSS TRAINING 45'							
18h00			17H40 Cuisses Abdos Fessiers 30'														
18h30	LES MILLS BODYPUMP 55'	CROSS TRAINING 55'	LES MILLS RPM 45'	B'SPORT AQUA BIKING 45'	18H15 ZUMBA 45'	18H15 ABDO FLASH 30'	AQUA BODY 45'	LES MILLS BODYBALANCE 55'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	FITBOX STRETCHING 45'	B'SPORT PILATES 45'	AQUADYNAMIC 45'	LES MILLS RPM 45'	ZUMBA 45'	B'SPORT AQUA BIKING 45'	
19h00	LES MILLS BODYBALANCE 55'	FITBOX STRETCHING 55'	AQUADYNAMIC 45'	LES MILLS BODYPUMP 55'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYCOMBAT 55'	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'	AQUATRaining 40'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYPUMP 45'	AQUATRaining 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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