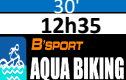
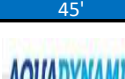
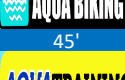


|       | LUNDI                                                                                            |                                                                                            | MARDI                                                                                             |                                                                                            | MERCREDI                                                                                   |                                                                                                                                                                                           | JEUDI                                                                                        |                                                                                              | VENDREDI                                                                                     |                                                                                              | SAMEDI                                                                                     |                                                                                            |
|-------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
|       | FITNESS                                                                                          | PISCINE                                                                                    | FITNESS                                                                                           | PISCINE                                                                                    | FITNESS                                                                                    | PISCINE                                                                                                                                                                                   | FITNESS                                                                                      | PISCINE                                                                                      | FITNESS                                                                                      | PISCINE                                                                                      | FITNESS                                                                                    | PISCINE                                                                                    |
| 9h30  |                                                                                                  |                                                                                            |                                                                                                   |                                                                                            |                                                                                            |                                                                                                                                                                                           |                                                                                              |                                                                                              |                                                                                              |                                                                                              |                                                                                            |                                                                                            |
| 10h30 | <br>45'          |                                                                                            | RENFORCEMENT MUSCULAIRE<br>45'                                                                    |                                                                                            |                                                                                            | <br>45'                                                                                                | <br>55'   |                                                                                              | Cuisses<br>Abdos<br>Fessiers<br>45'                                                          |                                                                                              | <br>45' |                                                                                            |
| 11h30 |                                                                                                  | <br>45'   |                                                                                                   | <br>45'   | <br>45'  |                                                                                                                                                                                           |                                                                                              | <br>45'   |                                                                                              | <br>45'   | <br>45' |                                                                                            |
| 12h00 |                                                                                                  |                                                                                            |                                                                                                   |                                                                                            |                                                                                            |                                                                                                                                                                                           |                                                                                              |                                                                                              |                                                                                              |                                                                                              |                                                                                            |         |
| 12h30 |                                                                                                  | <br>30'   |                                                                                                   |                                                                                            |                                                                                            | <br>30'                                                                                                |                                                                                              |                                                                                              | <br>45'   |                                                                                              |                                                                                            | 45'                                                                                        |
| 13h30 | <br>45'          | <br>45'   | <br>45'          | <br>45'   | <br>45'   | <br>12h35<br><br>45' | <br>45'   | <br>45'   | <br>45'   | <br>45'   |                                                                                            | <br>45' |
| 14h30 |                                                                                                  |                                                                                            |                                                                                                   |                                                                                            |                                                                                            |                                                                                                                                                                                           |                                                                                              |                                                                                              |                                                                                              |                                                                                              |                                                                                            |                                                                                            |
| 16h00 |                                                                                                  |                                                                                            |                                                                                                   |                                                                                            |                                                                                            |                                                                                                                                                                                           |                                                                                              |                                                                                              |                                                                                              |                                                                                              |                                                                                            |                                                                                            |
| 17h00 |                                                                                                  |                                                                                            |                                                                                                   | <br>45'   |                                                                                            |                                                                                                                                                                                           |                                                                                              |                                                                                              |                                                                                              |                                                                                              |                                                                                            |                                                                                            |
| 17h30 | 17H15<br><br>30' | <br>45'   | 17H15<br><br>30' | <br>45'   |                                                                                            | <br>45'                                                                                                |                                                                                              | <br>45'   | <br>45'   |                                                                                              | DIMANCHE                                                                                   |                                                                                            |
| 18h00 |                                                                                                  |                                                                                            |                                                                                                   |                                                                                            |                                                                                            |                                                                                                                                                                                           |                                                                                              |                                                                                              |                                                                                              |                                                                                              | Ouverture de 9h à 18h00                                                                    |                                                                                            |
| 18h30 | <br>45'         | <br>45'  | <br>45'         | <br>45'  | <br>45' | <br>45'                                                                                               | ZEN STRETCH<br>45'                                                                           | <br>45'  | <br>45'  | <br>45'  |                                                                                            |                                                                                            |
| 19h00 | <br>55'        | <br>45' | <br>55'        | <br>45' | <br>55' | <br>45'                                                                                               | <br>45' | <br>55' | <br>45' | <br>45' |                                                                                            |                                                                                            |
| 20h00 | <br>45'        | <br>45' | <br>30'        | <br>40' | ZEN STRETCH<br>45'                                                                         | <br>45'                                                                                              | <br>45' |                                                                                              |                                                                                              |                                                                                              |                                                                                            |                                                                                            |

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

ouvert 7j/7  
 lundi/mardi/mercredi/jeudi/vendredi - 7h00/22h30  
 samedi et dimanche 9h00/18h00  
 serviette obligatoire, chaussures propres

Boulevard Albert Godart  
 32 rue des marronniers  
 33110 Le Bouscat  
 Tel. 05 56 69 91 23  
 contact@sport-one.fr

