

SPORT ONE

PLANNING 2021-2022

SPORT ONE

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	
9h30	LES MILLS RPM 45'		Body Sculpt 45'				B'SPORT AQUA BIKING 45'	LES MILLS BODYBALANCE 45'	<i>Cuisses/Abdos/Fessiers</i> 45'		LES MILLS RPM 45'		
10h30		AQUA BODY 45'		AQUA TONUS CORE 45'	B'SPORT PILATES 55'				B'SPORT AQUA BIKING 45'	AQUADYNAMIC 45'	LES MILLS BODYPUMP 45'		
11h30													
12h00									AQUADYNAMIC 45'				
12h30		B'SPORT AQUA BIKING 30'							AQUADYNAMIC 45'		CROSS TRAINING 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'	CROSS TRAINING 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													
16h00													
17h00				AQUADYNAMIC 45'									
17h30		17H05 B'SPORT AQUA BIKING 45'	17H30 Cuisses/Abdos/Fessiers 30'	B'SPORT AQUA BIKING 45'			17H05 B'SPORT AQUA BIKING 45'		17h05 B'SPORT AQUA BIKING 45'	CROSS TRAINING 45'			
18h00													
18h30	LES MILLS BODYPUMP 45'	CROSS TRAINING 55'	LES MILLS RPM 45'	B'SPORT AQUA BIKING 45'	B'SPORT PILATES 45'	18H15 Abdos FLASH 30'	AQUA BOXING 45'	LES MILLS BODYBALANCE 55'	LES MILLS HIT 45'	B'SPORT AQUA BIKING 45'	FITBOX STRETCHING 45'	B'SPORT PILATES 45'	
19h00	ZUMBA 55'	LES MILLS BODYBALANCE 55'	FITBOX 45'	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 45'	
20h00	LES MILLS BODYCOMBAT 45'	B'SPORT AQUA BIKING 45'	<i>Cuisses/Abdos/Fessiers</i> 45'	LES MILLS RPM 45'	AQUA TRAINING 40'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYPUMP 45'	AQUA TRAINING 45'		AQUA TONUS CORE 45'		

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

ouvert 7jours/7
 lundi/mardi/mercredi/jeudi/vendredi - 7h/22h30
 samedi et dimanche 9h/16h00
 serviette obligatoire, chaussures propres

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