

SPORT ONE

PLANNING 2023

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 55'		Cuisses Abdos Fessiers 45'		LES MILLS RPM 45'	
10h30		AQUA BODY 45'		AQUA TONUS CORE 45'	B'SPORT PILATES 45'			B'SPORT AQUA BIKING 45'		AQUADYNAMIC 45'	LES MILLS BODYPUMP 45'	
11h30								AQUADYNAMIC 45'				AQUA BODY 45'
12h00		B'SPORT AQUA BIKING 30'				AQUADYNAMIC 30'						
12h30		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'	AQUA TRAINING 45'	LES MILLS BODYBALANCE 45'	B'SPORT AQUA BIKING 45'		B'SPORT AQUA BIKING 45'
13h30	B'SPORT PILATES 45'											
14h30												
16h00				AQUADYNAMIC 45'								
17h00												
17h30		17H05 AQUADYNAMIC 45'	17H15 Cuisses Abdos Fessiers 30'	B'SPORT AQUA BIKING 45'		17H05 AQUADYNAMIC 45'		17h05 B'SPORT AQUA BIKING 45'				
18h00												
18h30	LES MILLS BODYPUMP 45'	LES MILLS RPM 45'	B'SPORT AQUA BIKING 45'	ZUMBA 50'	AQUA BOXING 45'	LES MILLS BODYBALANCE 45'	B'SPORT AQUA BIKING 45'	STRETCHING 45'	AQUADYNAMIC 45'	B'SPORT PILATES 45'	B'SPORT AQUA BIKING 45'	
19h00	LES MILLS BODYBALANCE 55'	AQUADYNAMIC 45'	LES MILLS BODYPUMP 55'	B'SPORT AQUA BIKING 45'	LES MILLS BODYCOMBAT 55'	LES MILLS RPM 45'	AQUA BODY 45'	LES MILLS BODYATTACK 55'	B'SPORT AQUA BIKING 45'	LES MILLS SPRINT RPM 45'	ZUMBA 50'	AQUA TONUS CORE 45'
20h00	LES MILLS BODYCOMBAT 45'	B'SPORT AQUA BIKING 45'	LES MILLS SPRINT 30'	AQUA TRAINING 40'	BODY STEP 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYPUMP 45'	AQUA TRAINING 45'				

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

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

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