

SPORT ONE

PLANNING 1/2 (voir suite pour les WOD)

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'		RENFORCEMENT MUSCULAIRE 45'			B'sport AQUA BIKING 45'	LES MILLS BODYBALANCE 45'				LES MILLS RPM 45'	
11h30		AQUA BODY 45'		AQUA TONUS 45'							LES MILLS BODYPUMP 45'	
12h00						AQUADYNAMIC 45'						
12h30		B'sport AQUA BIKING 30'				AQUADYNAMIC 30'						AQUA BODY 45'
13h30	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 BIKING 45'	LES MILLS BODYPUMP 45'	B'sport AQUA BIKING 45'	LES MILLS BODYBALANCE 45'			B'sport AQUA BIKING 45'
14h30												
16h00												
17h00												
17h30	FIT ABDOS 30'	AQUA POWER 45'	Cuisses, Abdos, Fessiers 30'	B'sport AQUA BIKING 45'		AQUA POWER 45'						
18h00												
18h30	LES MILLS BODYBALANCE 45'	B'sport AQUA BIKING 45'	STEP 45'	AQUA BOXING 45'	LES MILLS BODYPUMP 45'	B'sport AQUA BIKING 45'	ZEN STRETCH 45'	B'sport AQUA BIKING 45'	B'sport PILATES 45'	B'sport AQUA BIKING 45'		
19h00	STEP 45'	AQUADYNAMIC 45'	LES MILLS BODYPUMP 55'	B'sport AQUA BIKING 45'	LES MILLS BODYBALANCE RPM 45'	AQUA BODY 45'	FITBOXE 45'	B'sport AQUA BIKING 45'	LES MILLS RPM 45'			
20h00	CROSS TRAINING 45'	B'sport AQUA BIKING 45'	Sprint 30'	AQUA TRAINING 40'	ZEN STRETCH 45'	B'sport AQUA BIKING 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYATTACK 55'	LES MILLS RPM 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

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