




## Planning Fitness à partir du 26/11/18

	Lundi	Mardi	Mercredi	Jeudi	vendredi	samedi
9H15	<b>SH'BAM VIRTUAL</b> 45'	<b>BODYPUMP VIRTUAL</b> 45'	<b>CXWORX VIRTUAL</b> 45'	<b>CXWORX VIRTUAL</b> 45'	<b>SH'BAM VIRTUAL</b> 45'	
9H30						<b>LES MILLS BODYPUMP</b> 60'
10H00	<b>LES MILLS BODYPUMP</b> 60'	<b>LES MILLS BODYBALANCE</b> 60'	<b>LES MILLS BODYPUMP</b> 60'	<b>LES MILLS BODYATTACK</b> 75'	<b>LES MILLS BODYATTACK</b> 75'	
10H30						<b>LES MILLS BODYBALANCE</b> 60'
11H00	 <b>ZUMBA FITNESS</b> 60'				<b>LES MILLS BODYBALANCE</b> 60'	
11H15			CARDIO- KICK 30'	<b>SH'BAM VIRTUAL</b> 45'		
11H30						 <b>ZUMBA FITNESS</b> 60'
12H30	<b>BODYPUMP VIRTUAL</b> 45'	<b>LES MILLS BODYPUMP</b> 45'	<b>CIRCUIT TRAINING</b> 45'	<b>tone</b> 45'	<b>BODYPUMP VIRTUAL</b> 45'	
14H00	90' <b>MUSCU TRAINING</b>	90' <b>MUSCU TRAINING</b>	<b>CXWORX VIRTUAL</b> 30'	90' <b>MUSCU TRAINING</b>	<b>BODYBALANCE VIRTUAL</b> 60'	
15H00			<b>MUSCU TRAINING</b>			
16H30		PILATES 45'				
17H00	<b>BODYBALANCE VIRTUAL</b> 30'					
17H30	<b>LES MILLS CXWORX</b> 30'	<b>BODYBALANCE VIRTUAL</b> 30'	<b>BODYPUMP VIRTUAL</b> 30'	<b>CROSS TRAINING</b> 30'	<b>LES MILLS CXWORX</b> 30'	
18H00		CARDIO-BOXE 60'	<b>LES MILLS BODYBALANCE</b> 60'	COMBAT 45'	<b>tone</b> 45'	
19H00	AERO STEP 45'	<b>LES MILLS BODYPUMP</b> 60'	 <b>ZUMBA FITNESS</b> 60'	PILATES 45'	<b>LES MILLS SH'BAM</b> 45'	
20H00	<b>LES MILLS BODYBALANCE</b> 60'	<b>CROSS TRAINING</b> 30'	CAF 45'	<b>BODYPUMP VIRTUAL</b> 45'		



## Planning Aquagym à partir du 26/11/18

	Lundi	Mardi	Mercredi	Jeudi	vendredi	samedi
9H15		<b>AQUABIKE</b> 45'			<b>AQUABIKE</b> 45'	
10H00	<b>AquaGym</b> 45'	<b>AquaGym</b> 30'	<b>AQUABIKE</b> 45'	<b>AQUAWORK</b> 45'	<b>AquaGym</b> 30'	<b>AQUADYNAMIC</b> 45'
11H00	<b>AQUABIKE</b> 45'	<b>AQUADYNAMIC</b> 45'	<b>AquaGym</b> 45'	<b>AQUADYNAMIC</b> 60'	<b>AQUABODYBIKE</b> 45'	<b>AQUABIKE</b> 45'
12H15	<b>AQUAWORK</b> 45'	<b>AQUABODYBIKE</b> 45'		<b>AQUATONUS</b> 45'	<b>AQUABIKE</b> 45'	
15H00	<b>AQUABIKE</b> 45'					
15H15		<b>AquaGym</b> 30'		<b>AquaGym</b> 30'	<b>AquaGym</b> 30'	
16H00	<b>AQUADYNAMIC</b> 30'		<b>AquaGym</b> 30'			
16H15		<b>AquaGym</b> 30'		<b>AquaGym</b> 30'	<b>AquaGym</b> 30'	
17H00	<b>AquaGym</b> 30'		<b>AQUADYNAMIC</b> 30'			
18H00	<b>AQUADYNAMIC</b> 45'	<b>AQUABIKE</b> 45'	<b>AQUATONUS</b> 45'		<b>AQUAWORK</b> 45'	
18H30				<b>AQUAWORK</b> 30'		
19H00	<b>aqua bodybike</b> 60'	<b>AQUADYNAMIC</b> 45'	<b>AQUABIKE</b> 45'	<b>AQUADYNAMIC</b> 45'	<b>AQUABIKE</b> 45'	
20H00				<b>aqua bodybike</b> 60'		



## RPM à partir du 26/11/18

	Lundi	Mardi	Mercredi	Jeudi	vendredi	samedi
9H10	<b>RPM VIRTUAL</b> 50'	<b>LES MILLS RPM</b> 45'	<b>RPM VIRTUAL</b> 50'	<b>LES MILLS RPM</b> 45'	<b>RPM VIRTUAL</b> 50'	<b>RPM VIRTUAL</b> 50'
9H30						
10H00						
10H30						
11H10		<b>RPM VIRTUAL</b> 50'				
11H15						
11H30						
12H30	<b>LES MILLS RPM</b> 45'	<b>RPM VIRTUAL</b> 50'			<b>LES MILLS RPM</b> 45'	
14H00						
15H10	<b>RPM VIRTUAL</b> 50'			<b>RPM VIRTUAL</b> 50'	<b>RPM VIRTUAL</b> 50'	
16H30						
17H00						
17H30						
18H00	<b>LES MILLS RPM</b> 45'	<b>RPM VIRTUAL</b> 50'				
19H15				<b>LES MILLS RPM</b> 45'	<b>RPM VIRTUAL</b> 50'	
20H10		<b>RPM VIRTUAL</b> 50'	<b>RPM VIRTUAL</b> 50'			

