

SPORT ONE

PLANNING 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'									
10h30		AQUA BODY 45'		AQUA TONUS CORE 45'	B'SPORT PILATES 45'						LES MILLS RPM 45'	
11h30											LES MILLS BODYPUMP 45'	
12h00												AQUA BODY 45'
12h30		B'SPORT AQUA BIKING 45'										
12h30	B'SPORT PILATES 45'	12h35 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												
14h30												
16h00												
17h00												
17h30		17H05 B'SPORT AQUA BIKING 45'	17H30 Cuisses Abdos Fessiers 30'	B'SPORT AQUA BIKING 45'		17H05 B'SPORT AQUA BIKING 45'						
18h00												
18h30	LES MILLS BODYPUMP 45'	LES MILLS RPM 45'	ZUMBA 50'	ABDOS FLASH 30'	AQUA BOXING 45'	LES MILLS BODYBALANCE 55'	LES MILLS FIT 45'	FITBOX STRETCHING 45'	AQUADYNAMIC 45'	LES MILLS RPM 45'	B'SPORT AQUA BIKING 45'	
19h00	LES MILLS BODYATTACK 45'	CROSS TRAINING 45'	B'SPORT PILATES 45'	LES MILLS BODYPUMP 45'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYCOMBAT 55'	LES MILLS RPM 45'	AQUA BODY 45'	LES MILLS BODYATTACK 45'	CROSS TRAINING 45'	
20h00	LES MILLS BODYCOMBAT 45'	B'SPORT AQUA BIKING 45'	STRETCHING 45'	DANCEWALL 45'	LES MILLS RPM 45'	AQUA TRAINING 40'	CROSS TRAINING 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/16h00
 serviette obligatoire, chaussures propres

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Suivez-nous !
 sur   sur www.sport-one.fr