

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
SALLE COURS CO	SALLE DE RPM	SALLE COURS CO	SALLE DE RPM	SALLE COURS CO	SALLE DE RPM	SALLE COURS CO	SALLE RPM	SALLE COURS CO	SALLE RPM	SALLE COURS CO	SALLE RPM	SALLE COURS CO	
10h00 60' YOGA		10h00 60' BODY SCULPT		10h00 60' mobilité		10h00 45' LES MILLS BODYPUMP	10h00 45' LES MILLS RPM VIRTUAL	10h00 45' LES MILLS BODYPUMP	10h00 45' LES MILLS RPM	10h00 60' LES MILLS BODYPUMP	10h00 45' LES MILLS RPM VIRTUAL	10h00 30' CX TRAINING	
11h00 30' C.A.F		11h00 30' ABDO BURNER		11H00 45' 10H45 45' BODY SCULPT LES MILLS RPM		10h45 45' CIRCUIT TRAINING		10h45 30' ABDO BURNER	10h45 45' LES MILLS RPM VIRTUAL	11H00 60' LES MILLS BODYCOMBAT		10h30 60' LES MILLS BODYPUMP	
11h30 45' PILATES		11h30 35' STRETCHING		11h45 30' ABDO BURNER		11h30 45' PILATES		11h30 45' mobilité				11h30 60' LES MILLS BODYATTACK	
12h15 45' LES MILLS BODYPUMP		12h15 45' CIRCUIT TRAINING	12h15 45' LES MILLS RPM VIRTUAL	12h15 45' YOGA VINASA	12h15 45' LES MILLS RPM VIRTUAL	12H15 45' LES MILLS BODYCOMBAT	12h15 45' LES MILLS RPM VIRTUAL	12h15 45' CIRCUIT TRAINING	12h15 45' LES MILLS RPM VIRTUAL	12h00 60' LES MILLS BODYBALANCE	12h15 45' LES MILLS RPM VIRTUAL		
										14h00 60' YOGA			
		18h00 30' C.A.F		18h15 60' YOGA				17h30' 60' STEP DÉBUTANT					
18h30 60' LES MILLS BODYPUMP	18h30 45' LES MILLS RPM VIRTUAL	18h30 60' PILATES FLOW		19h15 45' ZUMBA	19h00 45' LES MILLS RPM	18h30 60' ZUMBA	18h30 45' LES MILLS RPM	18h30 60' STEP INTERMÉDIAIRE	18h30 45' LES MILLS RPM				
19h30 45' LES MILLS BODYATTACK		19h30 45' LES MILLS BODYBALANCE				19h30 45' LES MILLS BODYPUMP		19h30 30' HIIT					
20h20 45' LES MILLS RPM		20H15 60' LES MILLS BODYCOMBAT		20H00 30' HIIT				20h00 60' LES MILLS BODYPUMP					
				20H30 45' ATHLETIC LAB		20h15 60' LES MILLS BODYATTACK							

PLANNING SMALL GROUPE

Clubmoving
Osny

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

10h30

30'

TRX

11h15

45'

**CROSS
TRAINING**

12h15

45'

BOXING

18h30

30'

TRX

19h00

45'

BOXING

18h30

30''

**SELF
DEFENSE**

20h00

60'

BOXING

18h30

45'

TRX

20h00

45'

BOXING

18h30

30'

TRX

19h15

45'

BOXING

20h15

45'

**CROSS
TRAINING**

18h30

30'

CONDITIONING

19h30

45'

**CROSS
TRAINING**

20h15

45'

BOXING

LES MILLS

PLANNING COURS AQUATIQUES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h00 45' AQUA BIKING 	10h00 45' AQUA TRAINING 	10h00 15' AQUA GYM 	10h00 45' AQUA GYM 	10h00 45' AQUA TRAINING 	10h30 45' AQUA GYM 	10h30 45' AQUA BIKING 
10h45 45' AQUA GYM 	10h45 45' AQUA GYM 	10h45 45' AQUA BOXING 	10h45 45' AQUA TRAINING 	10h45 45' AQUA BIKING 	11h15 45' AQUA TRAINING 	11h15 45' AQUA BOXING 
11h30 45' AQUA TRAINING 	11h30 45' AQUA BIKING 	11h30 45' AQUA BIKING 	11h30 45' AQUA BIKING 	11h30 45' AQUA GYM 	12h00 45' AQUA BIKING 	12h00 45' AQUA CARDIO 
			14h30 45' AQUA BIKING 			
			15h15 45' AQUA TRAINING 			
			16h00 45' AQUA GYM 			
17h30 45' AQUA TRAINING 	17h30 15' AQUA GYM 	17h30 45' AQUA GYM 	17h30 45' AQUA TRAINING 			
18h15 15' AQUA GYM 	18h15 45' AQUA BIKING 	18h15 45' AQUA BIKING 	18h15 45' AQUA BOXING 			
19h00 45' AQUA BIKING 	19h00 45' AQUA TRAINING 	19h00 45' AQUA TRAINING 	19h00 45' AQUA BIKING 			