olness salle de sport

PLANNING

Planning 2024 (Hors vacances scolaires)

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2
8h25	GYM DOUCE 30'		CXWORX 30' LesMills		CXWORX 30' LesMills		CXWORX 30' LesMills		CXWORX 30' LesMills		CXWORX 30' LesMills		CXWORX 30' LesMills	
9h00	GYM SCULPT 45'	CIRCUIT MACHINE 45'	BODYPUMP 45' LesMills	RPM 45' LesMills	GYM SCULPT 45'	CROSS SÉRIES 45'	GYM DOUCE 45'	RPM 45' LesMills	STEP 45'	RPM 45' LesMills	BODYPUMP 45' LesMills	RPM 45' LesMills	PILATES 45'	RPM 45' LesMills
9h45	ABDOS 15'				ABDOS 15'		ABDOS 15'							
10h00	YOGA 45'	RPM 45' LesMills	GYM DOUCE 45'	RPM 45' LesMills	STRETCHING 45'	RPM 45' LesMills	PILATES 45'	RPM 45' LesMills	STRETCHING 45'	RPM 45' LesMills	GYM SCULPT 45'	RPM 45' LesMills	YOGA 45'	RPM 45' LesMills
11h00	CXWORX 30' LesMills		CXWORX 30' LesMills		BODYBALANCE 55' LesMills		BODYBALANCE 55' LesMills		BODYCOMBAT 55' LesMills					
10h45														
11h00											STRETCHING 45'	RPM 45' LesMills		RPM 45' LesMills
12h20	BODYPUMP 45' LesMills	RPM 45' LesMills	CROSS SÉRIES 45'	RPM 45' LesMills	YOGA 55'	RPM 45' LesMills	GYM SCULPT 45'	RPM 45' LesMills	CIRCUIT MACHINE 45'	RPM 45' LesMills			BODYCOMBAT 55' LesMills	
11h30														
12h30														
14h00	BODYPUMP 55' LesMills	RPM 45' LesMills			CXWORX 30' LesMills	RPM 45' LesMills	BODYBALANCE 55' LesMills	RPM 45' LesMills	BODYPUMP 55' LesMills	RPM 45' LesMills				
12h20	BODYBALANCE 55' LesMills	RPM 45' LesMills	GYM SCULPT 45'	RPM 45' LesMills	BODYCOMBAT 55' LesMills	RPM 45' LesMills	BODYPUMP 55' LesMills	RPM 45' LesMills	BODYBALANCE 55' LesMills	RPM 45' LesMills	BODYPUMP 55' LesMills	RPM 45' LesMills	BODYCOMBAT 55' LesMills	RPM 45' LesMills
14h00	CXWORX 30' LesMills	RPM 45' LesMills		RPM 45' LesMills	CXWORX 30' LesMills	RPM 45' LesMills	CXWORX 30' LesMills		BODYCOMBAT 55' LesMills	RPM 45' LesMills	CXWORX 30' LesMills	RPM 45' LesMills	BODYPUMP 55' LesMills	RPM 45' LesMills
15h00	CXWORX 30' LesMills		CXWORX 30' LesMills	RPM 30' LesMills	BODYBALANCE 55' LesMills	RPM 30' LesMills	CXWORX 30' LesMills	RPM 45' LesMills	BODYBALANCE 55' LesMills	RPM 30' LesMills	BODYPUMP 55' LesMills	RPM 45' LesMills	BODYBALANCE 55' LesMills	RPM 45' LesMills
16h00		RPM 30' LesMills	CXWORX 30' LesMills	RPM 30' LesMills		RPM 30' LesMills				RPM 45' LesMills	BODYCOMBAT 55' LesMills	RPM 45' LesMills	CXWORX 30' LesMills	RPM 45' LesMills
17h00	CROSS SÉRIES 30'						CXWORX 30' LesMills				BODYBALANCE 55' LesMills	RPM 45' LesMills	BODYPUMP 55' LesMills	RPM 45' LesMills
17h30			STEP 45'	RPM 45' LesMills	ZUMBA 45'	RPM 45' LesMills		CROSS SÉRIES 55'		RPM 45' LesMills	BODYPUMP 55' LesMills	RPM 45' LesMills	BODYCOMBAT 55' LesMills	RPM 45' LesMills
18h00	GYM SCULPT 45'	ABDOS 15'					PILATES 45'		BODYCOMBAT 45' LesMills		CXWORX 30' LesMills	RPM 45' LesMills	BODYBALANCE 55' LesMills	RPM 45' LesMills
18h15		RPM 45' LesMills	BODYPUMP 55' LesMills	CROSS SÉRIES 55'	GYM SCULPT 45'									
18h45	STRETCHING 45'					RPM 45' LesMills	YOGA 45'	CROSS SÉRIES 55'		RPM 45' LesMills				
19h00									CXWORX 30' LesMills					
19h30														
20h00	CXWORX 30' LesMills	RPM 45' LesMills	BODYPUMP 45' LesMills	RPM 45' LesMills	BODYPUMP 55' LesMills	RPM 45' LesMills	BODYPUMP 45' LesMills	RPM 45' LesMills		RPM 45' LesMills				

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Du lundi au vendredi 08h00 à 20h00 Samedi 09h00 à 12h00 Dimanche 09h00 à 12h00

Accès membres > 7/7 > 06h00 à 23h00

Sur réservation : RPM, Cross Séries, Circuit Machine & Pilates

Programme Cinéma