oness* salle de sport

olness.fr

PIANNING

Planning à partir du 01 septembre 2025

SE	salle de sport										Flaming a partir du of septembre 2023						
	LUNDI		MARDI		MERCRE		JEUDI	بالما	VENDRE	DI		SAMEDI	_	DIMANC	H E		
	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	CXWORX 30'	SPRINT 30'LESMILLS	CXWORX 30'	RPM 30' ♣	BODYBALANCE 30'LESMILLS	RPM 30'LESMILLS	CXWORX 30'	SPRINT 30'LESMILLS	CXWORX 30'	SPRINT 30'LESMILLS	8h25	CXWORX 30'		CXWORX 30'			
9h00	GYM SCULPT 55'	CIRCUIT MACHINE 45'	BODYPUMP 55'Lesmills	SPRINT 30'LESMILLS	GYM SCULPT 55'	CROSS SÉRIES 45'	PILATES 55'	RPM 45'LESMILLS	STEP 55'	RPM 45' LESMILLS	9h00	BODYPUMP 45'Lesmills	RPM 45′	PILATES 45'	RPM 45'LESMILLS		
10h00	YOGA 45'	RPM 45′ €	GYM DOUCE 45'	RPM 45'	STRETCHING 45'		GYM DOUCE 45'	RPM 45'	STRETCHING 45'	RPM 45′ ♣	10h00	GYM SCULPT 45'	RPM 45' LESMILLS	YOGA 55'	RPM 45' LESMILLS		
10h45	CORE		STRETCHING 45'		49.	SPRINT 30'LESMILLS	PILATES 45'		GYM SCULPT 45'		10h45	49.		22			
11h00	JOKE	SPRINT 30'LESMILLS	Ch.	RPM 45' •	Swiss Boll By LA Produce Produce		<i>C</i> #	RPM 45' LESMILLS	£5,	RPM 45'	11h00	STRETCHING 45'	RPM 45' DESMILLS	BODYCOMBAT 55'	SPRINT 30'LESMILLE		
12h20	BODYPUMP 55'LESMILLS	RPM 45'LESMILLS	CROSS SÉRIES 45'	RPM 45'	CORE	RPM 45'Lesmills	YOGA 55 '	SPRINT 30'LESMILES	PILATES 55'	CIRCUIT MACHINE 55'	12h00	BODYPUMP 55'LESMILLS	SPRINT 30'LESMICLS	CXWORX 30'_ESMILLS	RPM 45'LESMILLS		
14h00	GYM SCULPT 45'	SPRINT 30'LESMILLS	BODYPUMP	RPM 45'	CXWORX 30'	SPRINT	BODYCOMBAT	RPM 45'LESMILLS	BODYPUMP 55'LESMILLS	RPM 45′	14h00	BODYCOMBAT 55'	RPM 45′LESMILLS	BODYPUMP	RPM 45′LESMILLS		
15h00	CXWORX 30'LESMILLS	RPM 45'LESMILLS	BODYBALANCE 55'LESMILLS	SPRINT 30'LESMILLS	BODYPUMP 55'LESMILLS	RPM 45'LESMILLS	BODYPUMP 55' LESMILLS	RPM 45'LESMILLS	BODYBALANCE 55'	RPM 45'	15h00	BODYPUMP 55'LESMILLS	RPM 45'	BODYBALANCE 55'LESMILLS	RPM 45′ •		
16h00	BODYPUMP 55'LESMILLS	RPM 45'LESMILLS	CXWORX 30'LESMILLS	RPM 45'LESMILLS	YOGA <i>45</i> '	RPM 45'LESMILLS	CXWORX 30'LESMILLS	SPRINT 30'LESMILLS	CXWORX 30'	RPM 45'LESMILLS	16h00	CXWORX 30'LESMILLS	RPM 45'	CXWORX 30'LESMILLS	SPRINT 30'LESMILLS		
17h00	BODYCOMBAT 30'LESMILLS	SPRINT 30'LESMILLS	BODYBALANCE 55'LESMILLS	RPM 45' LESMILLS	CXWORX 30'LESMILLS	SPRINT 30'LESMILLS	BODYBALANCE 55'Lesmills	RPM 45' •	BODYCOMBAT 55'LESMILLS	SPRINT 30'LESMILLS	17h00	BODYBALANCE 55'LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55'LESMILLS	RPM 45'LESMILLS		
17h45	CROSS SÉRIES 30'	RPM 45'LESMILLS				SPRINT 30'LESMICES											
18h00	30		BODYPUMP 55'LESMILLS	RPM 45' D	ZUMBA 45'			CROSS SÉRIES 45'		RPM 45'LESMILLS	18h00	BODYPUMP 55'LESMILLS	SPRINT 30'LESMILLS	BODYBALANCE 55'LESMILLS	RPM 45'LESMILLS		
18h15	GYM SCULPT 45'		22 LESMILLS		Gh.	RPM 45'Lesmills	PILATES <i>45</i> '	49	BODYCOMBAT 45'								
18h45	65	RPM 45'Lesmills			CORE	40 LESMILLS	. Ch	SPRINT 30'LESMILLS	43 LESMILLS								
19h00	STRETCHING 45'	43 Lesmills		RPM 45′Lesmills	SOKE		YOGA 45'	JU cesmore		RPM 45′ LESMILLS	19h00	CXWORX 30'LESMILLS	SPRINT 30'LESMILLS	BODYPUMP 55'LESMILLS	RPM 45' CESMILLS		
20h00	CXWORX 45'	RPM 45' D	BODYPUMP 55'_ESMILLS	SPRINT 30'LESMILLS	BODYCOMBAT 55'LESMILLS	RPM 45'_ESMILLS	CXWORX 45'	RPM 45' D	BODYPUMP 55'LESMILLS	SPRINT 30'LESMILLS							

Accès membres > 7/7 > 06h00 à 23h00

Cours sur réservation : Circuit Machine, Cross Séries, Sprint et RPM