

OTOP PLANNING* SAISON 2022-2023



*SUCEPTIBLE D'ÊTRE MODIFIÉ

SUCEPTIBLE DETRE MODIFIE						
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<u>08H30</u>	<u>8H30</u>	<u>8H30</u>				
AQUA BIKE	AQUA GYM	AQUA GYM				
<u>9H30</u>	<u>9H30</u>	<u>9H30</u>	<u>9H30</u>	<u>9H30</u>	<u>9H30</u>	<u>9H30</u>
AQUA BIKE	DYNAMIC AQUA	AQUA GYM	AQUA BIKE	AQUA BIKE	AQUA GYM	AQUA TRAINING
<u>10H30</u>	<u>10H30</u>	<u>10H30</u>	<u>10H30</u>	<u>10H30</u>	<u>10H30</u>	<u>10H30</u>
AQUA GYM	AQUA BIKE	AQUA BIKE	AQUA GYM	AQUA GYM	AQUA BIKE	DYNAMIC AQUA
<u>12H30</u>	<u>12H30</u>	<u>12H30</u>	<u>12H30</u>	<u>12H30</u>		
AQUA BOXE	AQUA TRAINING	AQUA BIKE	DYNAMIC AQUA	AQUA BIKE		
<u>15H15</u>	<u>14H00</u>		<u>15H15</u>			
AQUA GYM	DYNAMIC AQUA		AQUA GYM			
<u>17H30</u>		<u>17H30</u>	<u>17H30</u>	<u>17H30</u>		
AQUA TRAINING		AQUA BIKE	AQUA GYM	AQUA BIKE		
<u>18H30</u>	<u>18H30</u>	<u>18H30</u>	<u>18H30</u>	<u>18H30</u>		
AQUA BIKE	AQUA BOXE	AQUA BIKE	AQUA BOXE	AQUA BOXE		
<u>19H30</u>	<u>19H30</u>	<u>19H30</u>	<u>19H30</u>			
AQUA BIKE	AQUA BIKE	AQUA BOXE	AQUA BIKE			



OTOP PLANNING* SAISON 2022–2023

	^	
*SUCEPTIBLE	OFTOR	MAADIEIE
CHEPTIKE		BB (2 2 1 1 1 1 1 1 1 1
JOURT HUEL		MODIL

1	LUNDI	MARDI
	<u>9H15</u> GYM TRAD <u>10H15</u>	9H15 LESMILLS BODYBALANCE 10H15
	Pilates 1	GYM TRAD
	<u>12H30</u>	<u>12H30</u>
	LesMILLS BODYPUMP	LesMILLS RPM
	<u>14H00</u>	RPM
	© Pilates 2	
(%)	17H15 LesMills Pilates 1 RPM	17H15 Stretching
	<u>18H15</u>	<u> 18H15</u>
	Lesmills BODYPUMP	CAF
7	<u>19H15</u>	<u>19H15</u>
	LESMILLS RODYRALANCE	LESMILLS LESMILLS

MERCREDI		
<u>9H15</u> CAF		
<u>10H15</u>		
Stretching		
12H30 CIRCUIT		
TRAINING 14H00		
Stretching		
17H15 Lesmills BODYBALANCE		
<u>18H15</u>		
BODYSTEP RPM		
<u>19H15</u>		
LesMILLS BODYPUMP		

UN ZUZZ-ZUZ		
RE MODIFIÉ		
JEUDI	VE	
9H15 STEP	9 (S) ZEN Di	
<u>10H15</u>	<u>10</u>	
BODYBALANCE	C	
<u>12H30</u>	<u>12</u>	
CAF	Les RP	
<u>14H00</u>	15	
Pilates 1	ESPRIT ZEN P	
<u>17H15</u>	<u>1</u>	
CAF	P	
<u>18H15</u>	1	
TEP REMILLS	CIR	
<u>19H15</u>	TRA <u>1</u>	
LESMILLS BODYPUMP	Le RP	

VENDREDI	SA
<u>9H15</u>	9
Pilates 2	C
<u>10H15</u>	1
CAF	R
<u>12H30</u>	
LesMILLS RPM	
15H15	
Pilates 1	
<u>17H15</u>	
© Pilates 1	
<u>18H15</u>	
CIRCUIT	
TRAINING <u>19H15</u>	
LesMILLS RPM	

SAMEDI	DIMANCHE
9H15 CAF 10H15 LESMILLS RPM	9H15 CIRCUIT TRAINING 10H15 Stretching