

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h 30 LESMILLS BODYBALANCE 45'	9h 30 ZUMBA 45'	9h 30 C.A.F 45'	9h 30 Abdo Dos 45'	9h 30 Trio Gym 45'	9h 30 C.A.F 30'
10h 30 Trio Gym 45'	10h 30 LESMILLS BODYPUMP 45'	10h 30 Stretch 30'	10h 30 Swiss Ball 45'	10h 30 LESMILLS BODYBALANCE 45'	10h 00 Stretch 30'
12h 30 LESMILLS BODYPUMP 45'	12h 30 LESMILLS RPM ® 50'	12h 30 Cross Training 45'	12h 30 LESMILLS sprint 30'	12h 30 ZUMBA 45'	10h 45 LESMILLS BODYPUMP 60'
14h 45 Gym 45'		14h 45 LESMILLS BODYPUMP 30'	14h 45 C.A.F 30'	14h 45 Abdo Dos 30'	12h 00 ZUMBA 60' Semaine paire
15h 30 Stretch 30'		15h 30 Swiss Ball 30'	15h 30 LESMILLS BODYBALANCE 30'	15h 30 Stretch 30'	12h 00 LESMILLS RPM ® 50' Semaine impaire
	16h 30 Gym 30'				
17h 15 LESMILLS BODYPUMP 60'	17h 15 C.A.F 45'	17h 15 Trio Gym 45'	17h 15 LESMILLS RPM ® 50'	17h 15 C.A.F 45'	
18h 20 C.A.F 45'	18h 20 LESMILLS BODYBALANCE 60'	18h 20 LESMILLS BODYCOMBAT 60'	18h 20 ZUMBA 60'	18h 20 LESMILLS BODYPUMP 60'	
18h 20 LESMILLS RPM ® 50'		18h 30 LESMILLS sprint 30'			
19h 30 ZUMBA 60'	19h 30 LESMILLS BODYMIX 60'	19h 30 LESMILLS BODYBALANCE 60'	19h 30 LESMILLS BODYATTACK 60'	19h 30 LESMILLS RPM ® 50'	



79 ter rue Voltaire
72000 LE MANS
02.43.28.20.90
oclub-lemans.fr

LUNDI

9h Aqua 30'
15 GYM

10h Aqua 45'
00 TRAINING

11h Aqua 30'
00 BIKE

11h Aqua 30'
45 BIKE

12h Aqua 30'
30 GYM

17h Aqua 30'
00 GYM

17h Aqua 30'
45 JUMP

18h Aqua 45'
30 TONIC

19h Aqua 30'
30 BIKE

MARDI

9h Aqua 30'
10 POWER

9h Aqua 30'
50 JUMP

10h Aqua 30'
30 TONIC

11h Aqua 30'
10 GYM

11h Aqua 30'
50 TRAINING

12h Aqua 30'
30 MIX

16h Aqua 30'
45 TRAINING

17h Aqua 30'
25 GYM

18h Aqua 30'
05 TONIC

18h Aqua 30'
45 POWER

19h Aqua 30'
30 BIKE & JUMP

20h Aqua 30'
15 BIKE

MERCREDI

9h Aqua 30'
00 BIKE & JUMP

9h Aqua 30'
45 TONIC

10h Aqua 30'
30 TRAINING

11h Aqua 30'
10 BOXE

11h Aqua 30'
50 POWER

12h Aqua 30'
30 BIKE

15h Aqua 45'
30 TRAINING

16h Aqua 30'
30 GYM

17h Aqua 30'
30 BIKE

18h Aqua 30'
30 BIKE

19h Aqua 45'
30 TONIC

JEUDI

9h Aqua 30'
00 TRAINING

9h Aqua 30'
45 GYM

10h Aqua 30'
30 POWER

11h Aqua 30'
10 JUMP

11h Aqua 30'
50 TONIC

12h Aqua 30'
30 TRAINING

16h Aqua 30'
30 BIKE

17h Aqua 30'
30 BIKE

18h Aqua 45'
15 TRAINING

19h Aqua 45'
15 JUMP

VENREDI

9h Aqua 30'
30 JUMP

10h Aqua 45'
15 TRAINING

11h Aqua 30'
30 BIKE

12h Aqua 45'
30 TRAINING

15h Aqua 30'
45 GYM

16h Aqua 30'
30 TRAINING

17h Aqua 30'
15 TRAINING

18h Aqua 30'
00 BIKE

SAMEDI

9h Aqua 30'
15 BIKE

10h Aqua 30'
00 BIKE

10h Aqua 30'
45 GYM

11h Aqua 30'
30 MIX

(Semaine impaire)

Horaires d'ouverture

9H/21H
lundi et vendredi

8H45/21H
mardi, mercredi, jeudi

9H/17H
samedi

Cours sur réservation
avec HEITZ FIT 4

