

PLANNING AVATON CLUB

<i>Lundi</i>	<i>Mardi</i>	<i>Mercredi</i>	<i>Jeudi</i>	<i>Vendredi</i>	<i>Samedi</i>	<i>Dimanche</i>
CAF 8H00 - 8h45 PEREIRA NICOLAS Be Strong		PILATES 8H00 - 9H00 SARAH Be Strong		PILATES 8H00 - 9H00 SARAH Be Strong		
BIKING 8H00 - 8H45 LAIK MORANE Be Fast	CAF 8H00 - 8H30 PEREIRA NICOLAS Be Strong	HiIT 9H00 - 9H45 PEREIRA NICOLAS Be Strong	STRETCHING RELAX 8H00 - 8H45 TEIXEIRA JOHANNA Be Strong	CIRCUIT TRAINING 9H00 - 9H45 PEREIRA NICOLAS Be Strong	CAF 9H00 - 10H00 SARAH Be Strong	PILATES 9H00 - 10H00 DECLERCK NICOLAS Be Strong
HiIT 8H45 - 9H30 PEREIRA NICOLAS Be Strong	HiIT 8H30 - 9H15 PEREIRA NICOLAS Be Strong	CAF 9H45 - 10H15 PEREIRA NICOLAS Be Strong	TRX 8H45 - 9H30 TEIXEIRA JOHANNA Be Strong			
BIKING 9H00 - 9H45 LAIK MORANE Be Fast			CAF 9H30 - 10H15 PEREIRA NICOLAS Be Strong		HiIT 10H00 - 10H45 SARAH Be Strong	CIRCUIT TRAINING 10H00 - 11H00 MONDON RODOLPHE Be Strong
BOOTCAMP 9H30 - 10H15 PEREIRA NICOLAS Be Strong	POWERBAGS CIRCUIT 9H15 - 10H00 PEREIRA NICOLAS Be Strong	TRX 12H00 - 12H45 MONDON RODOLPHE Be Strong		BOOTCAMP 10H00 - 11H00 SOUTEYRAND GILLES Be Strong	BOXING 10H00 - 11H00 LOPEZ JULIAN Be Punchy	BOXING 10H00 - 11H00 LOPEZ JULIAN Be Punchy
STRETCHING RELAX 12H00 - 12H45 TEIXEIRA JOHANNA Be Strong		BOXING 12H30 - 13H15 LOPEZ JULIAN Be Punchy		HiIT 12H00 - 12H45 PEREIRA NICOLAS Be Strong		HiIT 11H00 - 12H00 MONDON RODOLPHE Be Strong
CIRCUIT TRAINING 12H45 - 13H15 TEIXEIRA JOHANNA Be Strong	PILATES 12H00 - 13H00 SARAH Be Strong	CAF 12H45 - 13H30 MONDON RODOLPHE Be Strong	TRX 12H00 - 12H45 MONDON RODOLPHE Be Strong	CAF 12H45 - 13H30 PEREIRA NICOLAS Be Strong	PILATES 10H45 - 11H45 SARAH Be Strong	BOXING 11H00 - 12H00 LOPEZ JULIAN Be Punchy
BOXING 12H30 - 13H15 LOPEZ JULIAN Be Punchy		CIRCUIT TRAINING 13H30 - 14H00 PEREIRA NICOLAS Be Strong		BOXING 12H30 - 13H15 LOPEZ JULIAN Be Punchy	BOXING 11H00 - 12H00 LOPEZ JULIAN Be Punchy	

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BOXING 13H15 - 14H00 LOPEZ JULIAN Be Punchy	BOXING 12H30 - 13H15 LOPEZ JULIAN Be Punchy	BOXING 13H15 - 14H00 LOPEZ JULIAN Be Punchy	BOXING 12H30 - 13H15 LOPEZ JULIAN Be Punchy	BOXING 13H15 - 14H00 LOPEZ JULIAN Be Punchy		
	TRX 13H00 - 14H00 SARAH Be Strong		POWERBAGS CIRCUIT 12H45 - 13H30 MONDON RODOLPHE Be Strong			
	BOXING 13H15 - 14H00 LOPEZ JULIAN Be Punchy		BOXING 13H15 - 14H00 LOPEZ JULIAN Be Punchy			
BOXING 18H00 - 19H00 MANUEL Be Punchy		BIKING 18H00 - 18H45 DECLERCK NICOLAS Be Fast	BIKING 18H00 - 18H45 DECLERCK NICOLAS Be Fast	BIKING 18H00 - 18H45 DECLERCK NICOLAS Be Fast		
	BOXING 18H00 - 19H00 CONSY THOMAS Be Punchy	BOXING 18H00 - 19H00 ZITAH NOA Be Punchy	BOXING 18H00 - 19H00 CONSY THOMAS Be Punchy	BOXING 18H00 - 19H00 CONSY THOMAS Be Punchy		
PILATES FLOW 18H00 - 19H00 ASHAPOLA KEVIN Be Strong	PILATES FLOW 18H30 - 19H30 ASHAPOLA KEVIN Be Strong	PILATES 18H00 - 19H00 SARAH Be Strong		HiIT 18H30 - 19H30 MONDON RODOLPHE Be Strong		

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KRAV MAGA 19H00 - 20H00 FITOUSSI ALAIN Be Strong		TRX 19H00 - 19H45 SARAH Be Strong	BOOTCAMP 18H30 - 19H15 SOUTEYRAND GILLES Be Strong			
BOXING 19H10 - 20H10 MANUEL Be Punchy	BOXING 19H10 - 20H10 CONSY THOMAS Be Punchy	BOXING 19H10 - 20H10 CONSY THOMAS Be Punchy	BOXING 19H10 - 20H10 ZITAH NOA Be Punchy	TRX 19H30 - 20H00 MONDON RODOLPHE Be Strong		
HiIT 20H00 - 20H45 DECLERCK NICOLAS Be Strong		BIKING 19H00 - 19H45 DECLERCK NICOLAS Be Fast	BIKING 19H00 - 19H45 CONSY THOMAS Be Fast	BIKING 19H00 - 19H45 CONSY THOMAS Be Fast		
BOXING 20H20 - 21H20 MANUEL Be Punchy	HiIT 19H30 - 20H00 ORTIZ OKSANA Be Strong	BOXING 20H20 - 21H20 CONSY THOMAS Be Punchy	CIRCUIT TRAINING 19H15 - 20H00 SOUTEYRAND GILLES Be Strong	BOXING 19H10 - 20H10 CONSY THOMAS Be Punchy		
	BOXING 20H20 - 21H20 CONSY THOMAS Be Punchy	KRAV MAGA 20H00 - 21H00 FITOUSSI ALAIN Be Strong	TRX 20H00 - 20H45 SOUTEYRAND GILLES Be Strong			
TRX 20H45 - 21H15 DECLERCK NICOLAS Be Strong	CIRCUIT TRAINING 20H00 - 20H45 ORTIZ OKSANA BE STRONG		BOXING 20H20 - 21H20 ZITAH NOA Be Punchy	CAF 20H00 - 20H30 MONDON RODOLPHE Be Strong		
	CAF 20H45 - 21H30 ORTIZ OKSANA Be Strong		STRETCHING RELAX 20H45 - 21H30 SOUTEYRAND GILLES Be Strong	BOXING 20H20 - 21H20 CONSY THOMAS Be Punchy		