

PLANNING DECOURS

Bidart

Période de Noël

DU 22 DÉCEMBRE 2025 AU 03 JANVIER 2026

FITNESS

SALLE
FITNESS

9h00	PILATES 45'	ABDOS FESSIERS CUISSES 45'	LES MILLS BODYBALANCE NEW 45'	ABDOS FESSIERS CUISSES 45'
10h00	ABDOS FESSIERS CUISSES 45'	LES MILLS BODYPUMP 45'	LES MILLS CORE 45'	LesMills BODYBALANCE 45'
11h00	STRETCHING 45'	LesMills BODYBALANCE 45'	GYM ENTRETIEN 45'	CROSS TRAINING NEW 45'
12h30	YOGA 45'		CROSS TRAINING 45'	
17h30	LES MILLS BODYPUMP 45'	PILATES 45'		ABDOS FESSIERS CUISSES 45'
18h30	LES MILLS BODYCOMBAT 45'			LesMills BODYBALANCE NEW 45'
19h30	CROSS TRAINING NEW 45'	CROSS TRAINING NEW 45'		
				11h30 STRETCHING 45'



SALLE
RPM

RPM

RPM	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8h00	LESMILLS sprint 30'	THE TRIP 45'	RPMPROGRAM	LESMILLS sprint 30'	RPMPROGRAM	RPMPROGRAM	RPMPROGRAM 30'
8h30	RPMPROGRAM 50'	THE TRIP 45'	RPMPROGRAM	THE TRIP 45'	RPMPROGRAM	THE TRIP 45'	RPMPROGRAM 50'
9h30	RPMPROGRAM 30'	LESMILLS sprint 30'	RPMPROGRAM 50'	THE TRIP 45'	LESMILLS sprint 30'	RPMPROGRAM 50'	THE TRIP 45'
10h00	RPMPROGRAM 50'	RPMPROGRAM 50'					RPMPROGRAM 50'
10h30	RPMPROGRAM 50'		THE TRIP 45'	RPMPROGRAM 50'	RPMPROGRAM 30'	LESMILLS RPM 50'	
11h00					RPMPROGRAM 50'		
12h30	LESMILLS sprint 30'	LesMILLS RPM 50'	LESMILLS sprint 30'	RPMPROGRAM 50'	THE TRIP 45'		LESMILLS sprint 30'
14h30	RPMPROGRAM 50'	LESMILLS sprint 30'	THE TRIP 45'	RPMPROGRAM 50'	RPMPROGRAM 50'	LESMILLS sprint 30'	
15h30	THE TRIP 45'	THE TRIP 45'	LESMILLS sprint 30'	LESMILLS sprint 30'	THE TRIP 45'		THE TRIP 45'
17h00		RPMPROGRAM 30'		RPMPROGRAM 50'	RPMPROGRAM 30'	RPMPROGRAM 50'	RPMPROGRAM 50'
17h30	RPMPROGRAM 50'	RPMPROGRAM 50'	LESMILLS sprint 30'				
18h00				RPMPROGRAM 50'		LESMILLS sprint 30'	THE TRIP 45'
18h30	RPMPROGRAM 50'	LesMILLS RPM 50'	RPMPROGRAM 50'		RPMPROGRAM 50'		THE TRIP 45'
19h30	LESMILLS sprint 30'	RPMPROGRAM 50'	RPMPROGRAM 50'	THE TRIP 45'	THE TRIP 45'		

Horaires Accueil du Club :



Lundi, Mardi et Vendredi : 9h00-20h00

Lundi, Mardi et vendredi

Samedi : 9h00-12h30

Horaires Accès Libre* :

Tous les jours de 6h à 23h

**Profitez du LIBRE ACCÈS
24 à partir de 13h30 & 25 Décembre
et 31 Décembre à partir de 13h30
& le 1er Janvier 2026**