



MERCREDI 05 MAI



FREESTYLE

PAGODE

15H00

16H00

17H00

18H00

19H00

LES QUARTS DE FINALE
(niveau débutant)



JEUDI 06 MAI

	FREESTYLE		DANCE	LESMILLS	EXPERIENCE	TRAINING		WELLNESS
	PAGODE	TENNIS 3	TENNIS 4	TENNIS 1	TENNIS 2	GYMNASE 1	GYMNASE 2	VILLAGE UCPA
09H00	STEP Ben Bodin & Jérôme Durand	AERO Axel Aureyre	SURPRISE	LESMILLS BODYPUMP	NEW LA DEMI-FINALE (niveau inter)	LESMILLS CEREMONY HYROX MAX		MORNING FITNESS Théana Pichon
10H00	STEP Lena Redko	AERO Kathleen Crossoir		LESMILLS CORE		WOD CROSS TRAINING Rémi Marin & Guillaume Glineur	BOXE TRAINING Tony Girard	LESMILLS yoga VINYASA
11H00	STEP Laeti Vital	AERO Djed Mezhoud	COMMERCIAL Emilie Gomez & Manoe Jannot	LESMILLS BODYATTACK		fusion	round	HAPPY HEALING YOU Sandra Soares
12H00								
14H30								
15H30	STEP Yoan Gimbres	AERO Ben Bodin	STREET Manon Bernetière	LESMILLS BODYPUMP HEAVY	NEW LA DEMI-FINALE (niveau inter)	CROSS TRAINING SUPERSONIC	move	LESMILLS PILATES
16H30	STEP Lena Redko	AERO Kevin Ashapola	LATINO Manoe Jannot	dance		LESMILLS CEREMONY HYROX MAX	boxing	LESMILLS BODYBALANCE
17H30	STEP Aurélien Zobinou	AERO Jérôme Durand	REGGAETON Rémi Vinolo	Strength Development		BOOT CAMP		breath
18H30	STEP Arthur Lottiaux	AERO Karim Kouki	AFRO HOUSE Nayoum	LESMILLS BODYCOMBAT				STRETCHING Théana Pichon

VENDREDI 07 MAI

	FREESTYLE		DANCE	LESMILLS	EXPERIENCE	TRAINING		WELLNESS
	PAGODE	TENNIS 3	TENNIS 4	TENNIS 1	TENNIS 2	GYMNASE 1	GYMNASE 2	VILLAGE UCPA
09H00	EASY STEP Jimmy Fonsin	AVANCE AERO Alexis Daudin	DANCEHALL HIP-HOP Guillaume Lorentz	LESMILLS BODYPUMP HEAVY	COURS PARTENAIRE	WOD CROSS TRAINING Rémi Marin & Guillaume Glineur	30min HBX 30min round	LESMILLS yoga VINYASA
10H00	EASY STEP Scotty Chirade	AVANCE AERO Laeti Vital		LESMILLS BODYJAM	COURS PARTENAIRE	WOD TEAM Rémi Marin & Guillaume Glineur	30min HBX 30min move	PILATES FLOW Kevin Ashapola
11H00	INTER STEP Karim Kouki	AVANCE AERO Arthur Lottiaux	SURPRISE	LESMILLS BODYSTEP	EXPERT STEP Djed Mezhoud	LESMILLS CEREMONY HYROX MAX		MIND AND BODY Ben Bodin
12H00								
14H30	AVANCE STEP Yamine Saoudi	INTER AERO Alexis Daudin & Scotty Chirade	RAGGA AFRO Emilie Gomez	LESMILLS BODYPUMP	ZUMBA 90'S - 2000'S Lionel Pereira & Dylan Celestine	30min HBX fusion	30min BOXE TRAINING Tony Girard	YOGA Théana Pichon
15H30	LA FINALE (niveau avancé) FREESTYLE ACADEMY L'ÉCOLE AVANT LA SCÈNE — BY AQUITAINE FITNESS PARTY —	INTER AERO Alexandre Couillandeu	DANCEHALL Grey D. Krumpy	LESMILLS BODYCOMBAT	AFROFIT Nayoum	HYROX Rèmi Marin & Guillaume Glineur		LESMILLS BODYBALANCE
16H30		EASY AERO Benoit Mallet	SEXY Carla Accardi	LESMILLS Shapes	URBANJAM Remi Vinolo	CROSS TRAINING Tom Poulliard	30min HBX 30min boxing	LESMILLS PILATES
17H30		EASY AERO Flavien Morizot	HIP-HOP Jérôme Durand	LESMILLS BODYATTACK	MÉGA ZUMBA PARTY Scotty & Jimmy & Arthur	LESMILLS CEREMONY HYROX MAX	30min HBX 30min move	
18H30								

SAMEDI 08 MAI

	FREESTYLE		DANCE	LESMILLS	EXPERIENCE	TRAINING		WELLNESS
	PAGODE	TENNIS 3	TENNIS 4	TENNIS 1	TENNIS 2	GYMNASE 1	GYMNASE 2	VILLAGE UCPA
09H00	AVANCE STEP Meigge Zehani	EASY AERO Jimmy Fonsin & Aurélien Zobinou	URBAN MIX FUSION Nayoum & Rémi & Grey	LESMILLS BODYPUMP	STEP INITIATION Team AFP	30min 30min HBX + fusion	BOXE LEVEL UP Tony Girard	LESMILLS PILATES
10H00	AVANCE STEP Alex Fomin & Benoit Mallet	EASY AERO Alex Manzo		Strength Development	COURS PARTENAIRE	CHALLENGE AFP HYROX SUPERSONIC HYROX SUPERSONIC		LESMILLS BODYBALANCE
11H00	AVANCE STEP Alexandre Couillandeu	INTER AERO Kathleen Crossoir & Kevin Ashapola		LESMILLS BODYCOMBAT	EXPERT AERO Dylan Celestine			HAPPY HEALING YOU Sandra Soares
12H00								
14H30	EASY STEP Alex Fomin	AVANCE AERO Yamine Saoudi	RAGGA DANCEHALL Nelly Darmuzey	LESMILLS BODYPUMP HEAVY	alēop®	CROSS TRAINING Alegria SPORT CLUB	30min 30min HBX + move	COURS PARTENAIRE
15H30	EASY STEP Ben Bodin & Karim Kouki	AVANCE AERO Moh El Ghali	COMMERCIAL Baptiste Devant	LESMILLS BODYATTACK		WOD TEAM Rémi Marin & Guillaume Glineur	30min 30min HBX + boxing	LESMILLS breath
16H30	EASY STEP Mathieu & Benoit & Yamine & Arthur	AVANCE AERO Alex Manzo	REGGAETON Léa Rodriguez	LESMILLS Shapes		30min 30min HBX + fusion	30min 30min HBX + round	LESMILLS yoga VINYASA
17H30	INTER STEP JB Mousset & Flavien Morizot	AVANCE AERO Gabriel Brivois	STREET JAM Franck Naudin	LESMILLS dance		LESMILLS CEREMONY HYROX MAX		
18H30								



DIMANCHE 09 MAI



	FREESTYLE		DANCE	LESMILLS	EXPERIENCE	TRAINING		WELLNESS
	PAGODE	TENNIS 3	TENNIS 4	TENNIS 1	TENNIS 2	GYMNASE 1	GYMNASE 2	VILLAGE UCPA
09H00	EASY STEP Dylan Celestine	AVANCE AERO Alex Formin	HIP-HOP 2000'S Rémi Vinolo	LESMILLS BODYPUMP HEAVY	COURS PARTENAIRE		LESMILLS CEREMONY HYROX MAX	LESMILLS BODYBALANCE
10H00	INTER STEP Meigge Zehani & Moh El Ghali	AVANCE AERO JB Mousset		LESMILLS BODYATTACK	ZUMBA STEP Lionel Pereira	CROSS TRAINING Alegria SPORT CLUB	30min HBX 30min boxing	DANSAGHA Franck Naudin
11H00	EASY STEP Gabriel Brivois	AVANCE AERO Léna Redko	RAGGA Manon Bernetière & Carla Accardi	LESMILLS BODYPUMP	EXPERT STEP Kevin Ashapola	30min HBX 30min fusion	30min HBX 30min round	COURS PARTENAIRE
12H00								
14H30	AVANCE STEP Karim Kouki	EASY AERO Moh El Ghali	LATINO Baptiste Devant	LESMILLS CORE	MERCI À TOUS			LESMILLS yoga
15H30	AVANCE STEP Alex Manzo	EASY AERO Meigge Zehani	NDOMBOLO Nayoum	LESMILLS BODYCOMBAT				
16H30	AVANCE STEP Gabriel Brivois & Axel Aureyre & Flavien Morizot	EASY AERO JB Mousset	COMMERCIAL Nelly Darmuzey	LESMILLS BODYJAM				



PASS SPORT

	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09H00	ACCUEIL PRÉSENTATION, RÉCUPÉRATION DES VÉLOS...	FOOTING		
10H00				
11H00	RANDO VÉLO	ACCROBRANCHE	RANDO VÉLO	TOURNOI DE PICKLEBALL
12H00				
15H30	SORTIE AU LAC (KAYAK / PÉDALO / PADDLE)			RESTITUTION DES VÉLOS
16H30			TOURNOI DE BEACH VOLLEY	
17H30	TOURNOI DE BABY FOOT HUMAIN	TOURNOI DE PÉTANQUE	DÉGUSTATION MATCH CHAMPION BEACH VOLLEY VS TEAM AFP	ACCÈS AUX COURS AFP
18H30				