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**LEVALLOIS**  
1883  
SPORTING CLUB

**FIT N' FORME**

02.09.2020

Retrouvez ci-dessous tous les liens directs pour vous inscrire à vos cours préférés !



## Lundi 7 septembre

Salle Killy / PDS Gabriel-Péri

**Le midi**

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-cardio-workout-13h-13h30-salle-killy>

**Le soir**

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-ready-to-dance-19h30-20h30-salle-killy>

Salle Hébert / PDS Marcel-Cerdan

**Le midi**

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-grit-12h45-13h30-salle-hebert>

**Le soir**

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre->

[grit-18h45-19h15-salle-hebert](#)

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-body-attack-19h15-20h-salle-hebert-1>

Parc de la Planchette

### Le midi

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-af-12h-12h30-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-stretching-12h30-13h15-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-yoga-12h-13h-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-yoga-13h-14h-la-planchette>

### L'après-midi

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-eldoa-14h-15h-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-eldoa-15h-16h-la-planchette>

### Le soir

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-pilates-18h30-19h15-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-body-sculpt-19h15-20h-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/lundi-7-septembre-caf-20h-20h45-la-planchette>

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## Mardi 8 septembre

Salle Killy / PDS Gabriel-Péri

### Le matin

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-zumba-9h45-10h30-salle-killy>

### Le soir

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-circuit-training-20h-20h45-salle-killy>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-pilates-20h45-21h30-salle-killy>

Salle Hébert / PDS Marcel-Cerdan

Le midi

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-circuit-training-12h45-13h30-salle-hebert>

Le soir

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-body-combat-18h30-19h30-salle-hebert>

Parc de la Planchette

Le midi

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-pilates-12h-12h45-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-abdos-fessiers-af-12h45-13h15-la-planchette>

Le soir

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-fit-postural-18h-18h45-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-cardio-workout-18h45-19h30-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mardi-8-septembre-body-sculpt-19h30-20h30-la-planchette>

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## Mercredi 9 septembre

Parc de la Planchette

Le midi

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-body-sculpt-11h30-12h15-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-pilates-12h15-13h-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-eldoa-13h-14h-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-yoga-12h15-13h15-la-planchette>

### Le soir

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-stretching-au-lieu-de-b-harmony-18h30-19h15-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-lm-barre-19h15-20h-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-pilates-20h-20h45-la-planchette>

Salle Hébert / PDS Marcel-Cerdan

### Le soir

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-grit-18h-18h45-salle-hebert>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-cardio-workout-19h15-20h15-salle-hebert>

Salle Killy / PDS Gabriel-Péri

### Le soir

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/mercredi-9-septembre-trx-circuit-19h15-20h-salle-Killy>

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## Jeudi 10 septembre

Salle Killy / PDS Gabriel-Péri

### Le matin

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-yoga-8h30-9h30-salle-killy>

### L'après-midi

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-sted-debutant-14h30-15h15-salle-killy>

## Le soir

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-abdos-fessiers-18h15-18h45-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-body-sculpt-18h45-19h30-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-eldoa-19h30-20h30-la-planchette>

Salle Hébert / PDS Marcel-Cerdan

## Le matin

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-pilates-10h15-11h-salle-hebert>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-body-sculpt-11h-11h45-salle-hebert>

Parc de la Planchette

## Le midi

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-qi-gong-12h-13h-la-planchette-1>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-body-combat-12h15-13h-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-cuisses-abdos-fessiers-caf-13h-13h45-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-zumba-18h30-19h30-la-planchette>

Salle Besson / Gymnase Erick Srecki

## Le midi

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/jeudi-10-septembre-grit-12h15-13h-salle-besson>

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# Vendredi 11 septembre

Salle Killy / PDS Gabriel-Péri

## Le matin

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-sept-  
fit-postural-au-lieu-de-b-harmony-9h15-10h15-killy](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-sept-<br/>fit-postural-au-lieu-de-b-harmony-9h15-10h15-killy)

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-body-sculpt-10h15-11h-salle-killy](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-body-sculpt-10h15-11h-salle-killy)

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-stretching-11h-12h-salle-killy](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-stretching-11h-12h-salle-killy)

### Le soir

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-trx-19h15-20h15-salle-killy](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-trx-19h15-20h15-salle-killy)

Parc de la Planchette

### Le midi

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-abdos-fessiers-12h-12h30-la-planchette](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-abdos-fessiers-12h-12h30-la-planchette)

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-yoga-12h15-13h15-la-planchette](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-yoga-12h15-13h15-la-planchette)

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-body-sculpt-12h30-13h15-la-planchette](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-body-sculpt-12h30-13h15-la-planchette)

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-pilates-13h15-14h-la-planchette](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-pilates-13h15-14h-la-planchette)

Salle Hébert / PDS Marcel-Cerdan

### Le midi

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-circuit-training-12h30-13h15-salle-hebert](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-circuit-training-12h30-13h15-salle-hebert)

### Le soir

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-cardio-workout-18h15-18h45-salle-hebert](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-cardio-workout-18h15-18h45-salle-hebert)

[https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-  
septembre-body-combat-18h45-19h30-salle-hebert](https://www.helloasso.com/associations/levallois-sporting-club/evenements/vendredi-11-<br/>septembre-body-combat-18h45-19h30-salle-hebert)

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## Samedi 12 septembre

Salle Hébert / PDS Marcel-Cerdan

### Le matin

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/samedi-12-septembre-body-attack-9h45-10h30-salle-hebert>

Parc de la Planchette

### Le matin

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/samedi-12-septembre-zumba-10h30-11h30-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/samedi-12-septembre-yoga-11h30-12h30-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/samedi-12-septembre-meditation-12h30-13h-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/samedi-12-septembre-yoga-13h30-14h30-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/samedi-12-septembre-yoga-13h30-14h30-la-planchette>

Salle Paillou / Gymnase Auguste-Delaune

### Le matin

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/samedi-12-septembre-cross-training-10h-11h-salle-paillou>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/samedi-12-septembre-cross-training-11h-12h-salle-paillou>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/samedi-12-septembre-cross-training-12h-13h-salle-paillou-2>

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## Dimanche 13 septembre

Parc de la Planchette

### Le matin

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/dimanche-13-septembre-body-combat-10h-10h45-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/dimanche-13-septembre-body-combat-10h-10h45-la-planchette>

[septembre-abdos-fessiers-10h45-11h15-la-planchette](#)

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/dimanche-13-septembre-body-sculpt-11h15-12h-la-planchette>

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/dimanche-13-septembre-fit-postural-12h-12h45-la-planchette>

Salle Hébert / PDS Marcel-Cerdan

**Le matin**

<https://www.helloasso.com/associations/levallois-sporting-club/evenements/dimanche-13-septembre-step-intermediaire-10h15-11h-salle-hebert>

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