

PLANNING



lundi	mardi	merc.	jeudi	vendr.	samedi	dim.
10h ACCROSPORT RUSH	10h LESMILLS BODYBALANCE	10h LESMILLS RPM	10h LESMILLS CORE 10h30 TRX TRAINING TRX	10h LESMILLS BODYBALANCE	10h LESMILLS GRIT CARDIO 10h LESMILLS RPM 10h30 TRX TRAINING TRX 11h LESMILLS BODYPUMP 11h ST45 STATION 45	10h15 LESMILLS GRIT CARDIO TRX TRAINING 10h45 TRX 11h15 LESMILLS RPM
12h30 LESMILLS RPM	12h30 LESMILLS BODYATTACK	12h30 ST45 STATION 45	12h30 LESMILLS BODYPUMP	12h30 ACCROSPORT RUSH		
12h30 TRX TRAINING TRX						
13h LESMILLS GRIT CARDIO	17h30 ST45 STATION 45	17h30 LESMILLS BODYPUMP	17h30 LESMILLS RPM	17h30 ST45 STATION 45		
17h30 LESMILLS GRIT CARDIO	17h30 LESMILLS RPM	18h30 LESMILLS BODYCOMBAT	18h30 LESMILLS BODYATTACK	17h30 LESMILLS BODYPUMP		
18h LESMILLS CORE	LESMILLS 18h GRIT STRENGTH	18h30 LESMILLS RPM	18h30 LESMILLS SPRINT	18h30 LESMILLS RPM		
LESMILLS 18h30 BODYPUMP	18h30 LESMILLS CORE	19h30 LESMILLS BODYBALANCE	19h30 LESMILLS BODYPUMP			
18h45 LESMILLS SPRINT	18h30 LESMILLS RPM	19h30 ST45 STATION 45				
19h30 ACCROSPORT RUSH	18h30 TRX TRAINING TRX 19h30 LESMILLS BODYATTACK					