

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

WATER FORM
AQUACYCLING 9h30
9h30 **LES MILLS RPM**
10h30 **LES MILLS CORE**
PLANET AQUA
AQUADYNAMIC 10h30

LES MILLS BODYPUMP 12h30

17h45 **LES MILLS CORE**

18h30 **ST45 STATION 45**
PLANET AQUA
AQUADYNAMIC 18h30
18h30 **LES MILLS BODYPUMP**
18h30 **LES MILLS SPRINT**
19h30 WATER FORM
AQUACYCLING
LES MILLS RPM 19h30

LES MILLS SH'BAM 9h30
10h30 ACCROSPORT
YOGA
10h30 WATER FORM
AQUACYCLING
11h30 ACCROSPORT
AQUATRaining
12h30 **LES MILLS RPM**
12h30 PLANET AQUA
AQUADYNAMIC

17h30 **LES MILLS BODYBALANCE**
18h30 **LES MILLS BODYATTACK**
18h30 ACCROSPORT
AQUATRaining
19h30 ZUMBA FITNESS
ZUMBA
19h30 WATER FORM
AQUACYCLING
19h30 **LES MILLS RPM**

9h30 ACCROSPORT
YOGA
10h30 PLANET AQUA
AQUADYNAMIC
11h30 WATER FORM
AQUACYCLING
12h30 **ST45 STATION 45**
12h30 **LES MILLS SPRINT**
17h30 **LES MILLS RPM**
18h30 **LES MILLS CORE**
18h30 WATER FORM
AQUACYCLING
18h30 **ST45 STATION 45**
19h30 **LES MILLS BODYPUMP**
ACCROSPORT
AQUATRaining 19h30

WATER FORM
AQUACYCLING 9h30

LES MILLS BODYPUMP 10h30
ACCROSPORT
AQUATRaining 12h30
12h30 **LES MILLS RPM**
14h30 PLANET AQUA
AQUADYNAMIC
17h15 ACCROSPORT
YOGA
LES MILLS BODYPUMP 17h30
18h30 **LES MILLS SH'BAM**
PLANET AQUA
AQUADYNAMIC 18h30
18h30 **LES MILLS RPM**
19h30 **LES MILLS CORE**
WATER FORM
AQUACYCLING 19h30
19h30 **ST45 STATION 45**

9h30 **LES MILLS BODYBALANCE**
WATER FORM
AQUACYCLING 10h30
12h30 **LES MILLS CORE**
17h30 **ST45 STATION 45**

WATER FORM
AQUACYCLING 9h30
LES MILLS BODYPUMP 10h30
10h30 PLANET AQUA
AQUADYNAMIC
11h30 **LES MILLS RPM**
ACCROSPORT
AQUATRaining 11h30

ACCROSPORT
AQUATRaining 10h
11h00 **LES MILLS BODYPUMP**

