

PLANNING 2023

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

PLANET AQUA
AQUADYNAMIC 9h30

LES MILLS
BODYPUMP 10h15

10h30 WATER FORM
AQUACYCLING

TRX TRAINING
TRX 12h20

12h30 **LES MILLS**
BODYBALANCE

12h30 ACCROSPORT
AQUATRaining

LES MILLS
GRIT STRENGTH 13h00

LES MILLS
BODYPUMP 17h30

TRX TRAINING
TRX 17h30

PLANET AQUA 17h40
AQUADYNAMIC

18h05 **LES MILLS**
SPRINT

18h35 **ST45**
STATION 45

18h35 **LES MILLS**
BODYATTACK

18h40 **LES MILLS**
RPM

WATER FORM 18h40
AQUACYCLING

19h40 **LES MILLS**
CORE

9h15 **LES MILLS**
BODYPUMP

ACCROSPORT 9h30
AQUATRaining

10h15 **LES MILLS**
CORE

PLANET AQUA 10h30
AQUADYNAMIC

WATER FORM 12h30
AQUACYCLING

TRX TRAINING
TRX 12h20

13h00 **LES MILLS**
SPRINT

17h30 **LES MILLS**
RPM

ACCROSPORT 17h40
AQUATRaining

LES MILLS 18h00
GRIT STRENGTH

18h35 **LES MILLS**
BODYBALANCE

TRX TRAINING
TRX 18h45

LES MILLS 19h40
BODYPUMP

10h15 **LES MILLS**
BODYBALANCE

12h30 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYATTACK

PLANET AQUA 17h40
AQUADYNAMIC

17h30 **LES MILLS**
CORE

17h30 **ST45**
STATION 45

WATER FORM 18h40
AQUACYCLING

18h35 **LES MILLS**
BODYCOMBAT

18h40 **LES MILLS**
RPM

TRX TRAINING
TRX 18h45

19h40 **LES MILLS**
SPRINT

19h40 **LES MILLS**
BODYBALANCE

9h15 **LES MILLS**
RPM

PLANET AQUA 9h30
AQUADYNAMIC

10h15 **ST45**
STATION 45

WATER FORM 10h30
AQUACYCLING

12h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
BODYPUMP

TRX TRAINING
TRX 17h30

ACCROSPORT 17h40
AQUATRaining

17h30 **LES MILLS**
RPM

18h05 **LES MILLS**
GRIT CARDIO

WATER FORM 18h40
AQUACYCLING

18h35 **LES MILLS**
BODYJAM

19h40 **LES MILLS**
CORE

9h15 **ST45**
STATION 45

PLANET AQUA 9h30
AQUADYNAMIC

10h15 **LES MILLS**
BODYATTACK

WATER FORM 10h30
AQUACYCLING

TRX TRAINING
TRX 10h30

11h15 **LES MILLS**
SPRINT

11h30 **LES MILLS**
CORE

PLANET AQUA 9h30
AQUADYNAMIC

10h00 **LES MILLS**
BODYPUMP

WATER FORM 10h30
AQUACYCLING

11h15 **LES MILLS**
RPM