

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

10h15 LESMILLS
GRIT CARDIO

10h LESMILLS
RPM

10h45 TRX TRAINING
TRX

10h30 TRX TRAINING
TRX

11h15 LESMILLS
RPM

12h30 LESMILLS
RPM

12h30 LESMILLS
BODYATTACK

12h30 LESMILLS
BODYPUMP

12h30 ACCROSPORT
RUSH

11h LESMILLS
BODYPUMP

12h30 TRX TRAINING
TRX

11h ST45
STATION 45

13h LESMILLS
GRIT CARDIO

17h30 ST45
STATION 45

17h30 LESMILLS
BODYPUMP

17h30 LESMILLS
RPM

17h30 LESMILLS
BODYPUMP

17h30 LESMILLS
GRIT CARDIO

17h30 LESMILLS
RPM

18h30 LESMILLS
BODYCOMBAT

18h30 LESMILLS
BODYATTACK

18h30 LESMILLS
BODYSTEP

18h LESMILLS
CORE

LESMILLS 18h
GRIT STRENGTH

18h30 LESMILLS
RPM

18h30 LESMILLS
SPRINT

18h30 ST45
STATION 45

LESMILLS 18h30
BODYPUMP

18h30 LESMILLS
CORE

19h30 LESMILLS
BODYBALANCE

18h30 LESMILLS
RPM

18h45 LESMILLS
SPRINT

18h30 LESMILLS
RPM

19h30 ST45
STATION 45

19h30 ACCROSPORT
RUSH

18h30 TRX TRAINING
TRX

19h30 LESMILLS
BODYATTACK