

# PLANNING 2023

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

matin

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

**LES MILLS**  
**SH'BAM** 9h30  
10h30 ACCROSPORT  
**YOGA**  
10h30 WATER FORM  
**AQUACYCLING**  
11h30 ACCROSPORT  
**AQUATRaining**

9h30 ACCROSPORT  
**YOGA**  
10h30 PLANET AQUA  
**AQUADYNAMIC**  
11h30 WATER FORM  
**AQUACYCLING**

WATER FORM  
**AQUACYCLING** 9h30  
10h30 **LES MILLS**  
**BODYPUMP**

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

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

**LES MILLS**  
**BODYPUMP** 10h  
10h ACCROSPORT  
**AQUATRaining**  
11h **LES MILLS**  
**RPM**  
11h WATER FORM  
**AQUACYCLING**

midi

12h30 **LES MILLS**  
**BODYPUMP**

12h30 **LES MILLS**  
**RPM**  
12h30 PLANET AQUA  
**AQUADYNAMIC**

12h30 **ST45**  
STATION 45  
12h30 **LES MILLS**  
**SPRINT**

12h30 ACCROSPORT  
**AQUATRaining**  
12h30 **LES MILLS**  
**RPM**  
14h30 PLANET AQUA  
**AQUADYNAMIC**

12h30 **LES MILLS**  
**CORE**

17h45 **LES MILLS**  
**CORE**

17h30 **LES MILLS**  
**BODYBALANCE**

17h30 **LES MILLS**  
**RPM**

17h15 ACCROSPORT  
**YOGA**

17h30 **LES MILLS**  
**BODYPUMP**

17h30 **ST45**  
STATION 45

18h30 **ST45**  
STATION 45

18h30 **ST45**  
STATION 45

18h30 **LES MILLS**  
**CORE**

18h30 **LES MILLS**  
**SH'BAM**

18h30 **LES MILLS**  
**BODYBALANCE**

18h30 PLANET AQUA  
**AQUADYNAMIC**

18h30 **LES MILLS**  
**BODYATTACK**

18h30 WATER FORM  
**AQUACYCLING**

18h30 PLANET AQUA  
**AQUADYNAMIC**  
18h30 **LES MILLS**  
**RPM**

18h30 WATER FORM  
**AQUACYCLING**

18h30 **LES MILLS**  
**BODYPUMP**

18h30 ACCROSPORT  
**AQUATRaining**

18h30 **LES MILLS**  
**SPRINT**

après-midi

19h30 WATER FORM  
**AQUACYCLING**  
**LES MILLS**  
**RPM** 19h30

19h30 ZUMBA FITNESS  
**ZUMBA**  
19h30 WATER FORM  
**AQUACYCLING**  
19h30 **LES MILLS**  
**RPM**

19h30 **LES MILLS**  
**BODYPUMP**  
19h30 ACCROSPORT  
**AQUATRaining**

19h30 **LES MILLS**  
**BODYATTACK**  
19h30 WATER FORM  
**AQUACYCLING**  
19h30 **ST45**  
STATION 45

  
accrosport