

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
9h30 **LES MILLS**
BODYBALANCE
10h30 **LES MILLS**
BODYPUMP

9h30 **LES MILLS**
BODYBALANCE
10h30 WATER FORM
AQUACYCLING
10h45 TRX TRAINING
TRX 30

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 TRX TRAINING
TRX 30

18h30 **LES MILLS**
CORE

18h30 **LES MILLS**
SH'BAM
18h30 PLANET AQUA
AQUADYNAMIC
18h30 **LES MILLS**
RPM

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

19h30 WATER FORM
AQUACYCLING

19h30 ZUMBA FITNESS
ZUMBA

19h30 **LES MILLS**
BODYPUMP

19h30 **LES MILLS**
BODYATTACK

LES MILLS
RPM 19h30

19h30 WATER FORM
AQUACYCLING

19h30 ACCROSPORT
AQUATRaining

19h30 WATER FORM
AQUACYCLING

19h45 TRX TRAINING
TRX 30

19h30 **LES MILLS**
RPM

19h30 **ST45**
STATION 45

après-midi