

PLANNING 2024

lundi

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
ST45
STATION 45 17h30
PLANET AQUA 17h40
AQUADYNAMIC
18h **LES MILLS**
SPRINT

18h35 **LES MILLS**
BODYATTACK
18h40 **LES MILLS**
RPM
WATER FORM
AQUACYCLING 18h40
18h45 TRX TRAINING
TRX

19h40 **LES MILLS**
CORE

mardi

WATER FORM 9h30
AQUACYCLING
ACCROSPORT 10h30
AQUATRaining

12h30 **LES MILLS**
CORE
12h30 **LES MILLS**
RPM
12h30 **ST45**
STATION 45

17h30 **LES MILLS**
BODYBALANCE
WATER FORM 17h40
AQUACYCLING
PLANET AQUA 18h40
AQUADYNAMIC

LES MILLS
BODYPUMP 18h35
18h35 **ST45**
STATION 45

19h40 **LES MILLS**
RPM

19h40 **LES MILLS**
BODYATTACK

merc.

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
17h40
PLANET AQUA 17h40
AQUADYNAMIC
LES MILLS
GRIT STRENGTH 18h00

18h35 **LES MILLS**
BODYBALANCE
ACCROSPORT 18h40
AQUATRaining

TRX TRAINING
TRX 18h45

LES MILLS
BODYPUMP 19h40

jeudi

PLANET AQUA 9h30
AQUADYNAMIC
10h15 **LES MILLS**
BODYBALANCE
WATER FORM 10h30
AQUACYCLING

12h30 **LES MILLS**
RPM
12h30 **LES MILLS**
CORE
13H **LES MILLS**
BODYATTACK 30

WATER FORM 17h40
AQUACYCLING
17h30 **LES MILLS**
CORE
17h30 **ST45**
STATION 45

PLANET AQUA 18h40
AQUADYNAMIC
LES MILLS
BODYCOMBAT 18h35
18h40 **LES MILLS**
RPM
TRX TRAINING
TRX 18h45

19h40 **LES MILLS**
GRIT CARDIO
19h40 **LES MILLS**
SPRINT

19h40 **LES MILLS**
BODYBALANCE

vendr.

9h15 **LES MILLS**
RPM
WATER FORM 9h30
AQUACYCLING
10h15 **ST45**
STATION 45
ACCROSPORT 10h30
AQUATRaining

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

17h30 **LES MILLS**
BODYPUMP

ACCROSPORT 17h40
AQUATRaining
17h30 **LES MILLS**
RPM

WATER FORM 18h40
AQUACYCLING
18h35 **LES MILLS**
BODYJAM

19h40 **LES MILLS**
CORE

samedi

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

dim.

PLANET AQUA 9h30
AQUADYNAMIC
10h00 **LES MILLS**
BODYPUMP
10h30
WATER FORM
AQUACYCLING

11h15 **LES MILLS**
RPM

17h **LES MILLS**
RPM