

PLANNING 2024

lundi

PLANET AQUA
AQUADYNAMIC 9h30

LES MILLS
BODYPUMP 10h15

10h30 WATER FORM
AQUACYCLING

12h20 TRX TRAINING
TRX

12h30 **LES MILLS**
BODYBALANCE

12h30 ACCROSPORT
AQUATRaining

13h00 **LES MILLS**
GRIT STRENGTH

17h30 **LES MILLS**
BODYPUMP

ST45
STATION 45 17h30

PLANET AQUA 17h40
AQUADYNAMIC

18h **LES MILLS**
SPRINT

18h30 **LES MILLS**
BODYATTACK

LES MILLS
RPM

TRX TRAINING
TRX

WATER FORM
AQUACYCLING 18h40

19h30 **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

18h30 **LES MILLS**
BODYPUMP

ST45
STATION 45

PLANET AQUA 18h40
AQUADYNAMIC

19h30 **LES MILLS**
RPM

LES MILLS
BODYATTACK

merc.

9h15 **LES MILLS**
BODYPUMP

ACCROSPORT 9h30
AQUATRaining

10h15 **LES MILLS**
CORE

PLANET AQUA 10h30
AQUADYNAMIC

TRX TRAINING
TRX 12h20

WATER FORM 12h30
AQUACYCLING

13h00 **LES MILLS**
SPRINT

17h30 **LES MILLS**
RPM

PLANET AQUA 17h40
AQUADYNAMIC

LES MILLS 18h00
GRIT STRENGTH

18h30 **LES MILLS**
BODYBALANCE

TRX TRAINING
TRX

ACCROSPORT 18h40
AQUATRaining

LES MILLS 19h30
BODYPUMP

jeudi

PLANET AQUA 9h30
AQUADYNAMIC

10h15 **LES MILLS**
BODYBALANCE

WATER FORM 10h30
AQUACYCLING

12h30 **LES MILLS**
RPM

LES MILLS
CORE

13h **LES MILLS**
BODYATTACK 30

17h30 **LES MILLS**
CORE

ST45
STATION 45

PLANET AQUA 17h40
AQUADYNAMIC

18h30 **LES MILLS**
BODYCOMBAT

LES MILLS
RPM

TRX TRAINING
TRX

WATER FORM 18h40
AQUACYCLING

19h30 **LES MILLS**
GRIT CARDIO

LES MILLS
SPRINT

LES MILLS
BODYBALANCE

vendr.

9h15 **LES MILLS**
RPM

PLANET AQUA 9h30
AQUADYNAMIC

10h15 **ST45**
STATION 45

WATER FORM 10h30
AQUACYCLING

ACCROSPORT 11h30
AQUATRaining

12h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
BODYPUMP

LES MILLS
RPM

ACCROSPORT 17h40
AQUATRaining

18h30 **LES MILLS**
BODYJAM

WATER FORM 18h40
AQUACYCLING

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.

10h00 **LES MILLS**
BODYPUMP

11h15 **LES MILLS**
RPM

17h **LES MILLS**
RPM