

# 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**

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**

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

**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**  
**GRIT STRENGTH** 18h00

18h30 **LES MILLS**  
**BODYBALANCE**  
TRX TRAINING  
**TRX**

ACCROSPORT 18h40  
**AQUATRaining**

**LES MILLS**  
**BODYPUMP** 19h30

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**

  
accrosport