

PLANNING

lundi

mardi

merc.

jeudi

vendr.


samedi

dimanche

9h15 **LES MILLS**
BODYPUMP

9h15 **LES MILLS**
BODYBALANCE

9h15 **LES MILLS**
RPM

9h15 **LES MILLS**
GRIT CARDIO 

9h30 **LES MILLS**
SPRINT 

10h **LES MILLS**
BODYBALANCE

10h15 **LES MILLS**
RPM

10h15 **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
CORE 

10h15 **LES MILLS**
BODYATTACK

10h **TRX TRAINING**
TRX 

10h **LES MILLS**
BODYATTACK

11h **LES MILLS**
BODYCOMBAT

11h15 **LES MILLS**
BODYBALANCE

10h45 **LES MILLS**
RPM

10h **LES MILLS**
RPM

11h **LES MILLS**
RPM

12h30 **LES MILLS**
CORE 

12h30 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYBALANCE

12h30 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYPUMP

13h **TRX TRAINING**
TRX 

18h **LES MILLS**
CORE 

17h30 **LES MILLS**
RPM

18h **TRX TRAINING**
TRX 

17h30 **LES MILLS**
BODYPUMP

17h45 **LES MILLS**
CORE 

17h **LES MILLS**
CORE 

17h30 **LES MILLS**
BODYBALANCE

18h **LES MILLS**
GRIT ATHLETIC 

18h **TRX TRAINING**
TRX 

18h30 **LES MILLS**
RPM

17h30 **LES MILLS**
BODYATTACK

18h30 **LES MILLS**
RPM

18h **LES MILLS**
GRIT CARDIO 

18h30 **ST45**
STATION 45

18h30 **LES MILLS**
BODYATTACK

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYPUMP

18h30 **TRX TRAINING**
TRX 

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYBALANCE

19h **TRX TRAINING**
TRX 

18h30 **LES MILLS**
SPRINT 

18h30 **LES MILLS**
BODYPUMP

19h30 **ST45**
STATION 45

18h30 **LES MILLS**
CORE 

19h **LES MILLS**
SPRINT 

18h30 **ST45**
STATION 45

19h30 **LES MILLS**
BODYBALANCE

19h30 **LES MILLS**
BODYPUMP

19h30 **LES MILLS**
BODYCOMBAT

19h30 **ACCROSPORT**
CLUB RUN

19h30 **LES MILLS**
BODYATTACK

19h30 **LES MILLS**
RPM