

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

10h15 **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
BODYBALANCE

10h15 **LES MILLS**
RPM

10h **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
BODYPUMP

11h **LES MILLS**
RPM

11h30 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYATTACK

12h30 **LES MILLS**
GRIT STRENGTH
12H30 **LES MILLS**
RPM

12h30 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYPUMP

17h **ST45**
STATION 45

17h30 **LES MILLS**
CORE

18h **LES MILLS**
CORE

18h **LES MILLS**
GRIT STRENGTH

18h **LES MILLS**
BODYATTACK

17h30 **LES MILLS**
BODYPUMP

17h30 Strength Development **LES MILLS**

18h30 **LES MILLS**
BODYPUMP

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
RPM

18h30 **ST45**
STATION 45

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYATTACK

19h **LES MILLS**
GRIT CARDIO

18h30 **LES MILLS**
BODYBALANCE

18h45 **LES MILLS**
SPRINT

19h30 **LES MILLS**
RPM

19h30 Strength Development **LES MILLS**

19h30 **LES MILLS**
CORE

19h30 **LES MILLS**
GRIT STRENGTH