

# PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

PLANET AQUA 9h15  
**AQUADYNAMIC**  
9h15 **LES MILLS RPM**  
TRX TRAINING  
**TRX** 10h15  
10h15 **LES MILLS BODYBALANCE**

**WOD** 12h15  
12h15 **LES MILLS BODYATTACK**  
PLANET AQUA 12h15  
**AQUADYNAMIC**

17h45 **LES MILLS BODYCOMBAT**  
ACCROSPORT 17h45  
**AQUATRaining**  
17h45 **LES MILLS RPM**  
TRX TRAINING  
**TRX** 17h45  
**WOD** 18h00  
**LES MILLS BODYPUMP** 18h30  
18h30 **ST45 STATION 45**  
18h30 **AQUACYCLING**  
**WOD** 19h00  
19h30 **LES MILLS BODYATTACK**

7h30 **LES MILLS RPM**  
9h30 **LES MILLS CORE**  
**WOD** 10h00  
**LES MILLS BODYPUMP** 10h15  
PLANET AQUA 10h15  
**AQUADYNAMIC**  
10h15 **ST45 STATION 45**

**WOD** 12h15  
TRX TRAINING  
**TRX** 12h15  
WATER FORM 12h15  
**AQUACYCLING**  
12h15 **LES MILLS RPM**

PLANET AQUA 17h45  
**AQUADYNAMIC**  
17h45 **LES MILLS BODYATTACK**  
**WOD** 18h00  
18h **LES MILLS SPRINT**  
18h30 **LES MILLS GRIT STRENGTH**  
WATER FORM 18h30  
**AQUACYCLING**  
18h30 **LES MILLS BODYBALANCE**  
18h30 **LES MILLS RPM**  
HYROX 19h00  
TRX TRAINING  
**TRX** 19h15  
19h30 **LES MILLS BODYPUMP**

9h30 **LES MILLS CORE**  
PLANET AQUA 10h15  
**AQUADYNAMIC**  
10h15 **LES MILLS RPM**

**WOD** 12h15  
12h15 **LES MILLS BODYBALANCE**  
12h15 **ST45 STATION 45**

17h45 **LES MILLS GRIT**  
17h45 **LES MILLS BODYPUMP**  
ACCROSPORT 17h45  
**AQUATRaining**  
**WOD** 18h00  
**LES MILLS BODYJAM** 18h30  
18h30 **ST45 STATION 45**  
18h30 **LES MILLS RPM**  
**WOD** 19h00

TRX TRAINING  
**TRX** 9h15  
9h15 **LES MILLS BODYBALANCE**  
**WOD** 10h00  
10h15 **ST45 STATION 45**  
10h15  
PLANET AQUA  
**AQUADYNAMIC**

ACCROSPORT 12h15  
**AQUATRaining**  
**WOD** 12h15  
12h15 **LES MILLS BODYPUMP**

TRX TRAINING  
**TRX** 17h45  
17h45 **LES MILLS BODYBALANCE**  
17h45 **LES MILLS RPM**  
WATER FORM 17h45  
**AQUACYCLING**  
**WOD** 18h  
PLANET AQUA 18h35  
**AQUADYNAMIC**  
18h30 **LES MILLS BODYCOMBAT**  
HYROX 19h00  
**LES MILLS GRIT** 19h30

**LES MILLS BODYPUMP** 9h15  
9h15  
**AQUACYCLING**  
10h15 **LES MILLS RPM**  
ACCROSPORT 10h15  
**AQUATRaining**

**WOD** 12h15  
12h15 **LES MILLS SPRINT**  
12h15 **ST45 STATION 45**

**WOD** 17h30  
PLANET AQUA 17h45  
**AQUADYNAMIC**  
17h45 **LES MILLS RPM**  
17h45 **LES MILLS CORE**  
18h30 **LES MILLS BODYATTACK**  
18h30 **ST45 STATION 45**  
**WOD** 18h30

9h30 **LES MILLS CORE**  
10h **LES MILLS BODYBALANCE**  
10h **ST45 STATION 45**  
10h **LES MILLS RPM**  
HYROX 11h  
11h **LES MILLS SPRINT**  
11h  
**AQUACYCLING**

**LES MILLS BODYPUMP** 10h15  
11h30 **LES MILLS RPM**