

# PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

7h30 **LES MILLS RPM**  
10h **LES MILLS BODYPUMP**

10h **LES MILLS BODYBALANCE**

10h **LES MILLS RPM**

10h **LES MILLS CORE**  
10h30 **TRX TRAINING TRX**

7h30 **LES MILLS BODYATTACK**  
10h **LES MILLS BODYBALANCE**

10h **LES MILLS GRIT STRENGTH**  
10h **LES MILLS RPM**  
**TRX TRAINING TRX**  
10h30 **TRX**

10h15 **LES MILLS GRIT CARDIO**  
**TRX TRAINING TRX**  
10h45 **TRX**  
11h15 **LES MILLS RPM**

12h30 **LES MILLS GRIT CARDIO**

12h30 **LES MILLS RPM**

12h30 **LES MILLS BODYPUMP**

12h30 **LES MILLS RPM**

11h **ST45 STATION 45**

11h **LES MILLS BODYPUMP**

13h **TRX TRAINING TRX**

17h30 **ST45 STATION 45**

17h30 **LES MILLS BODYPUMP**

17h30 **LES MILLS RPM**

17h30 **LES MILLS BODYPUMP**

17h30 **LES MILLS RPM**

18h30 **LES MILLS BODYCOMBAT**

18h30 **LES MILLS BODYATTACK**

18h30 **LES MILLS BODYSTEP**

18h **LES MILLS CORE**

18h **LES MILLS GRIT STRENGTH**

18h30 **LES MILLS RPM**

18h30 **TRX TRAINING TRX**

18h30 **LES MILLS RPM**

18h30 **LES MILLS BODYPUMP**

18h30 **LES MILLS CORE**

19h00 **TRX TRAINING TRX**

18h30 **ST45 STATION 45**

18h30 **ST45 STATION 45**

18h30 **LES MILLS RPM**

19h30 **ST45 STATION 45**

19h30 **LES MILLS RPM**

18h30 **TRX TRAINING TRX**

19h30 **LES MILLS BODYBALANCE**

19h30 **LES MILLS BODYATTACK**