

# PLANNING



lundi	mardi	merc.	jeudi	vendr.	samedi	dim.
7h30 <b>LES MILLS RPM</b>	10h <b>LES MILLS BODYBALANCE</b>	10h <b>LES MILLS RPM</b>	10h <b>LES MILLS CORE</b>	7h30 <b>LES MILLS RPM</b>	10h <b>LES MILLS GRIT STRENGTH</b>	10h15 <b>LES MILLS GRIT CARDIO</b>
10h <b>LES MILLS BODYPUMP</b>			10h30 <b>TRX TRAINING TRX</b>	10h <b>LES MILLS BODYBALANCE</b>	10h <b>LES MILLS RPM</b>	<b>TRX TRAINING</b> 10h45 <b>TRX</b>
12h30 <b>LES MILLS GRIT CARDIO</b>	12h30 <b>LES MILLS RPM</b>	12h30 <b>STATION 45</b>	12h30 <b>LES MILLS BODYPUMP</b>	12h30 <b>LES MILLS RPM</b>	10h30 <b>TRX TRAINING TRX</b>	11h15 <b>LES MILLS RPM</b>
13h <b>TRX TRAINING TRX</b>					11h <b>STATION 45</b>	
	17h30 <b>STATION 45</b>	17h30 <b>LES MILLS BODYPUMP</b>	17h30 <b>LES MILLS RPM</b>	17h30 <b>LES MILLS BODYPUMP</b>	11h <b>LES MILLS BODYPUMP</b>	
	17h30 <b>LES MILLS RPM</b>	18h30 <b>LES MILLS BODYCOMBAT</b>	18h30 <b>LES MILLS BODYATTACK</b>	18h30 <b>LES MILLS BODYSTEP</b>		
17h45 <b>LES MILLS CORE</b>	<b>LES MILLS GRIT STRENGTH</b> 18h	18h30 <b>LES MILLS RPM</b>	18h30 <b>TRX TRAINING TRX</b>	18h30 <b>LES MILLS RPM</b>		
<b>LES MILLS BODYPUMP</b> 18h30	18h30 <b>LES MILLS CORE</b>	19h00 <b>TRX TRAINING TRX</b>		18h30 <b>STATION 45</b>		
18h30 <b>STATION 45</b>	18h30 <b>LES MILLS RPM</b>	19h30 <b>STATION 45</b>				
19h30 <b>LES MILLS RPM</b>	18h30 <b>TRX TRAINING TRX</b>	19h30 <b>LES MILLS BODYBALANCE</b>				
	19h30 <b>LES MILLS BODYATTACK</b>					