

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

10h00 **LES MILLS**
BODYPUMP

10h00 **LES MILLS**
BODYBALANCE

10h00 **LES MILLS**
RPM

10h **ST45**
STATION 45

10h15 **LES MILLS**
BODYPUMP

11h **LES MILLS**
RPM

11h30 **LES MILLS**
RPM

12h30 Strength **LES MILLS**
Development

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

12h30 **ST45**
STATION 45

12h30 **LES MILLS**
RPM
12h30 **LES MILLS**
GRIT CARDIO

12h30 **LES MILLS**
SPRINT

15h **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
CORE

LES MILLS 18h15
BODYPUMP

18h30 **LES MILLS**
RPM

19h **ST45**
STATION 45

19h30 **LES MILLS**
RPM

19h45 **LES MILLS**
BODYCOMBAT

LES MILLS 17h45
GRIT STRENGTH

18h15 **LES MILLS**
BODYATTACK

18h30 **LES MILLS**
RPM

19h00 Strength **LES MILLS**
Development

19h30 **LES MILLS**
SPRINT

19h45 **LES MILLS**
CORE

17h30 **ST45**
STATION 45

18h15 **LES MILLS**
BODYPUMP

18h30 **LES MILLS**
RPM

19h00 **LES MILLS**
BODYATTACK

19h45 **LES MILLS**
GRIT STRENGTH

17h30 **LES MILLS**
BODYPUMP

18h15 **LES MILLS**
CORE

18h30 **LES MILLS**
RPM

19h00 **LES MILLS**
BODYBALANCE

19h30 **LES MILLS**
SPRINT

17h30 Strength **LES MILLS**
Development

18h30 **LES MILLS**
RPM

18h30 **ST45**
STATION 45

17h30 **LES MILLS**
BODYATTACK