

# PLANNING 2024

lundi

PLANET AQUA  
**AQUADYNAMIC** 9h30

**LES MILLS**  
**BODYPUMP** 10h15

10h30 WATER FORM  
**AQUACYCLING**

12h30 **TRX TRAINING**  
**TRX** 12h30

12h30 **LES MILLS**  
**BODYBALANCE**

12h30 ACCROSPORT  
**AQUATRaining**

**LES MILLS**  
**GRIT STRENGTH** 13h00

**LES MILLS**  
**BODYPUMP** 17h30

**ST45**  
STATION 45 17h30

PLANET AQUA 17h40  
**AQUADYNAMIC**

18h **LES MILLS**  
**SPRINT**

18h30 **LES MILLS**  
**BODYATTACK**

**LES MILLS**  
**RPM**

**TRX TRAINING**  
**TRX**

WATER FORM  
**AQUACYCLING** 18h40

19h30 **LES MILLS**  
**CORE**

mardi

WATER FORM 9h30  
**AQUACYCLING**

ACCROSPORT 10h30  
**AQUATRaining**

12h30 **LES MILLS**  
**CORE**

12h30 **LES MILLS**  
**RPM**

12h30 **ST45**  
STATION 45

17h30 **LES MILLS**  
**BODYBALANCE**

WATER FORM 17h40  
**AQUACYCLING**

18h **LES MILLS**  
**RPM**

18h15 **LES MILLS**  
**CORE**

**ST45**  
STATION 45 18h30

PLANET AQUA 18h40  
**AQUADYNAMIC**

19h **LES MILLS**  
**BODYPUMP**

19h30 **LES MILLS**  
**RPM**

merc.

9h15 **LES MILLS**  
**BODYPUMP**

ACCROSPORT 9h30  
**AQUATRaining**

10h15 **LES MILLS**  
**CORE**

PLANET AQUA 10h30  
**AQUADYNAMIC**

**TRX TRAINING**  
**TRX** 12h30

WATER FORM 12h30  
**AQUACYCLING**

13h00 **LES MILLS**  
**SPRINT**

17h30 **LES MILLS**  
**RPM**

PLANET AQUA 17h40  
**AQUADYNAMIC**

**LES MILLS** 18h00  
**GRIT STRENGTH**

18h30 **LES MILLS**  
**BODYBALANCE**

**TRX TRAINING**  
**TRX**

ACCROSPORT 18h40  
**AQUATRaining**

**LES MILLS** 19h30  
**BODYPUMP**

**ST45**  
STATION 45

jeudi

PLANET AQUA 9h30  
**AQUADYNAMIC**

10h15 **LES MILLS**  
**BODYBALANCE**

WATER FORM 10h30  
**AQUACYCLING**

12h30 **LES MILLS**  
**RPM**

**LES MILLS**  
**CORE**

17h30 **LES MILLS**  
**CORE**

PLANET AQUA 17h40  
**AQUADYNAMIC**

18h00 **ST45**  
STATION 45

18h30 **LES MILLS**  
**BODYCOMBAT**

**LES MILLS**  
**RPM**

WATER FORM 18h40  
**AQUACYCLING**

**TRX TRAINING** 19h00  
**TRX**

19h30 **LES MILLS**  
**SPRINT**

vendr.

9h15 **LES MILLS**  
**RPM**

PLANET AQUA 9h30  
**AQUADYNAMIC**

10h15 **ST45**  
STATION 45

WATER FORM 10h30  
**AQUACYCLING**

ACCROSPORT 11h30  
**AQUATRaining**

12h30 **LES MILLS**  
**BODYPUMP**

17h30 **LES MILLS**  
**BODYPUMP**

ACCROSPORT 17h40  
**AQUATRaining**

18h30 **LES MILLS**  
**BODYJAM**

**LES MILLS**  
**RPM**

WATER FORM 18h40  
**AQUACYCLING**

19h30 **LES MILLS**  
**BODYBALANCE**

samedi

9h15 **ST45**  
STATION 45

PLANET AQUA 9h30  
**AQUADYNAMIC**

10h15 **LES MILLS**  
**BODYATTACK**

**TRX TRAINING**  
**TRX**

WATER FORM 10h30  
**AQUACYCLING**

10h45 **LES MILLS**  
**SPRINT**

11h15 **LES MILLS**  
**CORE**

dim.

10h15 **LES MILLS**  
**BODYPUMP**

11h15 **LES MILLS**  
**RPM**

16h30 **LES MILLS**  
**RPM**