

PLANNING

lundi

mardi

merc.

jeudi

vendr.

samedi

dimanche

9h15 **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
RPM

12h30 **LES MILLS**
CORE ⁴⁵

17h30 **LES MILLS**
GRIT STRENGTH ³⁰

18h **LES MILLS**
CORE ³⁰

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYPUMP

18h45 **TRX TRAINING** ⁴⁵
TRX BOOTCAMP

19h30 **ST45**
STATION 45

19h30 **LES MILLS**
BODYBALANCE

9h15 **LES MILLS**
RPM

10h15 **LES MILLS**
CORE ³⁰

12h30 **LES MILLS**
BODYBALANCE

17h15 **LES MILLS** ⁴⁵
BODYJAM

18h **TRX TRAINING** ⁴⁵
TRX BOOTCAMP

18h **LES MILLS**
GRIT ATHLETIC ³⁰

18h30 **LES MILLS**
BODYPUMP

18h30 **LES MILLS**
RPM

18h45 **ST45**
STATION 45

19h30 **LES MILLS**
BODYATTACK

19h45 **LES MILLS**
RPM

10h15 **LES MILLS**
BODYATTACK

11h15 **LES MILLS**
BODYBALANCE

12h30 **LES MILLS**
RPM

12h30 **ST45**
STATION 45

17h30 **LES MILLS** ⁴⁵
BODYPUMP

18h15 **TRX TRAINING** ⁴⁵
TRX BOOTCAMP

18h15 Strength Development ^{LES MILLS}

19h **LES MILLS**
BODYATTACK

19h **LES MILLS** ³⁰
SPRINT

19h30 **LES MILLS**
RPM

19h45 **LES MILLS** ⁴⁵
BODYCOMBAT

9h15 **LES MILLS** ³⁰
GRIT CARDIO

10h **TRX TRAINING** ⁴⁵
TRX BOOTCAMP

11h15 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS** ⁴⁵
CORE

17h30 **ST45**
STATION 45

18h **LES MILLS**
RPM

18h15 **LES MILLS**
BODYBALANCE

9h30 **LES MILLS** ³⁰
SPRINT

10h **LES MILLS**
BODYATTACK

10h **LES MILLS**
RPM

11h **LES MILLS**
BODYPUMP

10h **LES MILLS**
BODYBALANCE

10h **LES MILLS**
RPM

11h **LES MILLS**
BODYCOMBAT

11h **LES MILLS**
RPM

17h **LES MILLS** ³⁰
CORE

17h30 **LES MILLS**
BODYATTACK