

# 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 Development LES MILLS

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**

18h15 **LES MILLS BODYPUMP**

18h15 **LES MILLS RPM**

19h **ST45 STATION 45**

19h15 **LES MILLS RPM**

19h45 **LES MILLS BODYCOMBAT**

17h45 **LES MILLS GRIT STRENGTH**

18h15 **LES MILLS BODYATTACK**

18h30 **LES MILLS RPM**

19h00 Strength Development LES MILLS

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 Development LES MILLS

18h30 **LES MILLS RPM**

18h30 **ST45 STATION 45**

17h30 **LES MILLS BODYATTACK**