

PLANNING



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