

# PLANNING 2025

lundi	mardi	merc.	jeudi	vendr.	samedi	dim.
PLANET AQUA <b>AQUADYNAMIC</b> 9h30  LesMILLS <b>BODYPUMP</b> 10h15  10h30 <b>WATER FORM AQUACYCLING</b>  12h30 <b>TRX</b> 12h30  12h30 <b>LESMILLS BODYBALANCE</b>  12h30 <b>ACROSPORT AQUATRNING</b>  13h00 <b>LESMILLS GRIT STRENGTH</b>  17h30 <b>LESMILLS BODYPUMP</b>  <b>STATION 45</b> 17h30  17h40 <b>PLANET AQUA AQUADYNAMIC</b>  18h <b>LESMILLS SPRINT</b>  18h30 <b>LESMILLS BODYATTACK</b>  <b>LesMILLS RPM</b>  <b>TRX TRAINING TRX</b>  <b>WATER FORM AQUACYCLING</b> 18h40  19h30 <b>LESMILLS CORE</b>	9h30 <b>WATER FORM AQUACYCLING</b>  10h30 <b>ACROSPORT AQUATRNING</b>  12h30 <b>LESMILLS CORE</b>  12h30 <b>LESMILLS RPM</b>  <b>ACROSPORT AQUABOXING</b>  12h30 <b>STATION 45</b>  17h30 <b>LESMILLS BODYBALANCE</b>  17h40 <b>WATER FORM AQUACYCLING</b>  18h <b>LESMILLS RPM</b>  18h15 <b>LESMILLS CORE</b>  <b>STATION 45</b> 18h30  18h40 <b>PLANET AQUA AQUADYNAMIC</b>  19h <b>LesMILLS BODYPUMP</b>  19h30 <b>LesMILLS RPM</b>  <b>STATION 45</b>	9h15 <b>LesMILLS BODYPUMP</b>  9h30 <b>ACROSPORT AQUATRNING</b>  10h15 <b>LESMILLS CORE</b>  10h30 <b>PLANET AQUA AQUADYNAMIC</b>  12h30 <b>TRX</b> 12h30  12h30 <b>WATER FORM AQUACYCLING</b>  13h00 <b>LESMILLS SPRINT</b>  17h30 <b>LESMILLS BODYBALANCE</b>  17h40 <b>WATER FORM AQUACYCLING</b>  18h <b>LESMILLS RPM</b>  18h15 <b>LESMILLS GRIT STRENGTH</b>  <b>STATION 45</b> 18h30  18h40 <b>PLANET AQUA AQUADYNAMIC</b>  19h <b>LesMILLS BODYPUMP</b>  19h30 <b>LesMILLS RPM</b>  <b>STATION 45</b>	9h30 <b>PLANET AQUA AQUADYNAMIC</b>  10h15 <b>LesMILLS BODYBALANCE</b>  10h30 <b>WATER FORM AQUACYCLING</b>  12h30 <b>LESMILLS RPM</b>  <b>ACROSPORT AQUATRNING</b> 10h30  12h30 <b>LESMILLS CORE</b>  17h30 <b>LesMILLS CORE</b>  17h40 <b>ACROSPORT AQUABOXING</b>  18h <b>LESMILLS BODYCOMBAT</b>  18h30 <b>LesMILLS RPM</b>  18h40 <b>WATER FORM AQUACYCLING</b>  19h <b>TRX TRAINING TRX</b>  19h30 <b>LESMILLS SPRINT</b>  <b>STATION 45</b>	9h15 <b>LesMILLS RPM</b>  9h30 <b>PLANET AQUA AQUADYNAMIC</b>  10h15 <b>STATION 45</b>  10h30 <b>WATER FORM AQUACYCLING</b>  11h30 <b>ACROSPORT AQUATRNING</b>  12h30 <b>LESMILLS BODYPUMP</b>  17h30 <b>LESMILLS BODYPUMP</b>  17h40 <b>ACROSPORT AQUATRNING</b>  18h30 <b>LESMILLS BODYCOMBAT</b>  18h40 <b>WATER FORM AQUACYCLING</b>  19h <b>TRX TRAINING TRX</b>  19h30 <b>LesMILLS BODYBALANCE</b>  <b>STATION 45</b>	9h15 <b>STATION 45</b>  9h30 <b>PLANET AQUA AQUADYNAMIC</b>  10h15 <b>LESMILLS BODYATTACK</b>  <b>TRX TRAINING TRX</b>  10h30 <b>WATER FORM AQUACYCLING</b>  10h45 <b>LESMILLS SPRINT</b>  11h15 <b>LESMILLS CORE</b>  16h30 <b>LesMILLS RPM</b>	10h15 <b>LESMILLS BODYPUMP</b>  11h15 <b>LesMILLS RPM</b>

**acrosport**