

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 **LES MILLS**
Development

12h30 **LES MILLS**
GRIT STRENGTH
12h30 **LES MILLS**
RPM

12h30 **ST45**
STATION 45

12h30 **LES MILLS**
RPM

12h30 **ST45**
BOXING

17h30 **LES MILLS**
CORE

LES MILLS 18h15
BODYPUMP

19h00 **LES MILLS**
BODYBALANCE

19h15 **LES MILLS**
RPM

LES MILLS 17h45
GRIT STRENGTH
18h15 **LES MILLS**
BODYATTACK

18h30 **LES MILLS**
RPM

19h00 Strength **LES MILLS**
Development

17h30 **ST45**
STATION 45

18h15 **LES MILLS**
BODYPUMP

18h30 **LES MILLS**
RPM

19h00 **LES MILLS**
BODYATTACK

17h30 **LES MILLS**
BODYPUMP

18h00 **LES MILLS**
RPM

18h15 **LES MILLS**
CORE

19h00 **LES MILLS**
BODYBALANCE

19h00 **ST45**
BOXING

17h30 Strength **LES MILLS**
Development

18h30 **LES MILLS**
RPM