

# PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

10h **LES MILLS**  
**BODYPUMP**

10h **LES MILLS**  
**BODYBALANCE**

10h **LES MILLS**  
**RPM**

10h **LES MILLS**  
**CORE**  
10h30 **TRX TRAINING**  
**TRX**

10h **LES MILLS**  
**BODYBALANCE**

10h00 **LES MILLS**  
**GRIT STRENGTH**

10h **LES MILLS**  
**RPM**

10h30 **TRX TRAINING**  
**TRX**

11h15 **LES MILLS**  
**RPM**

12h30 **LES MILLS**  
**GRIT CARDIO**

12h30 **LES MILLS**  
**RPM**

12h30 **ST45**  
STATION 45

12h30 **LES MILLS**  
**BODYPUMP**

12h30 **LES MILLS**  
**RPM**

11h **ST45**  
STATION 45

13h **TRX TRAINING**  
**TRX**

17h30 **LES MILLS**  
**BODYPUMP**

17h30 **LES MILLS**  
**RPM**

17h30 **LES MILLS**  
**BODYPUMP**

17h30 **LES MILLS**  
**RPM**

18h30 **LES MILLS**  
**BODYCOMBAT**

18h30 **LES MILLS**  
**BODYATTACK**

18h30 **LES MILLS**  
**RPM**

17h45 **LES MILLS**  
**CORE**

18h30 **ST45**  
STATION 45

18h30 **LES MILLS**  
**RPM**

18h30 **TRX TRAINING**  
**TRX**

18h30 **LES MILLS**  
**BODYPUMP**

18h30 **LES MILLS**  
**CORE**

19h00 **TRX TRAINING**  
**TRX**

18h30 **ST45**  
STATION 45

19h30 **LES MILLS**  
**BODYATTACK**

19h30 **LES MILLS**  
**BODYBALANCE**

19h30 **LES MILLS**  
**RPM**