



# PLANNING

| lundi                                                                              | mardi                                                            | merc.                                                                                       | jeudi                                                                | vendr.                                           | samedi                                      | dim.                                                                        |
|------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------|---------------------------------------------|-----------------------------------------------------------------------------|
| 9h15 <b>LES MILLS</b><br><b>BODYPUMP</b>                                           |                                                                  | 9h15 <b>LES MILLS</b><br><b>RPM</b>                                                         |                                                                      | 9h15 <b>LES MILLS</b><br><b>GRIT CARDIO</b> (30) | 9h30 <b>LES MILLS</b><br><b>SPRINT</b> (30) |                                                                             |
| 10h15 <b>LES MILLS</b><br><b>RPM</b>                                               | 10h15 <b>LES MILLS</b><br><b>BODYBALANCE</b>                     | 10h15 <b>LES MILLS</b><br><b>CORE</b> (30)                                                  | 10h15 <b>LES MILLS</b><br><b>BODYATTACK</b>                          | 10h <b>TRX TRAINING</b><br><b>TRX</b> (45)       | 10h <b>LES MILLS</b><br><b>BODYATTACK</b>   | 10h <b>LES MILLS</b><br><b>BODYBALANCE</b>                                  |
|                                                                                    | 11h15 <b>LES MILLS</b><br><b>BODYPUMP</b>                        |                                                                                             | 11h15 <b>LES MILLS</b><br><b>BODYBALANCE</b>                         | 11h15 <b>LES MILLS</b><br><b>RPM</b>             | <b>LES MILLS</b><br><b>RPM</b>              | 10h30 <b>LES MILLS</b><br><b>SPRINT</b> (30)                                |
| 12h30 <b>LES MILLS</b><br><b>CORE</b> (45)                                         | 12h30 <b>STATION 45</b><br><b>LES MILLS</b><br><b>RPM</b>        | 12h30 <b>LES MILLS</b><br><b>BODYBALANCE</b>                                                | 12h30 <b>STATION 45</b><br><b>LES MILLS</b><br><b>RPM</b>            | 12h30 <b>LES MILLS</b><br><b>BODYPUMP</b>        | 11h <b>LES MILLS</b><br><b>BODYPUMP</b>     | 11h <b>LES MILLS</b><br><b>BODYCOMBAT</b><br><b>LES MILLS</b><br><b>RPM</b> |
| 17h30 <b>LES MILLS</b><br><b>GRIT STRENGTH</b> (30)                                | 17h30 <b>LES MILLS</b><br><b>RPM</b>                             | 17h15 <b>LES MILLS</b><br><b>BODYJAM</b>                                                    | 17h30 <b>LES MILLS</b><br><b>BODYPUMP</b> (45)                       | 17h30 <b>LES MILLS</b><br><b>CORE</b> (45)       |                                             | 17h <b>LES MILLS</b><br><b>CORE</b> (30)                                    |
| 18h <b>LES MILLS</b><br><b>CORE</b> (30)<br><b>LES MILLS</b><br><b>SPRINT</b> (30) | <b>LES MILLS</b><br><b>PILATES</b>                               | 18h <b>LES MILLS</b><br><b>GRIT ATHLETIC</b> (30)<br><b>TRX TRAINING</b> (45)<br><b>TRX</b> | 18h15 <b>TRX TRAINING</b><br><b>TRX</b> (45)<br>Strength Development | <b>STATION 45</b>                                | 18h <b>LES MILLS</b><br><b>RPM</b>          | 17h30 <b>LES MILLS</b><br><b>BODYATTACK</b>                                 |
| 18h30 <b>LES MILLS</b><br><b>BODYPUMP</b>                                          | 18h15 <b>LES MILLS</b><br><b>BODYSTEP</b> (45)                   | 18h30 <b>LES MILLS</b><br><b>RPM</b>                                                        | 19h <b>LES MILLS</b><br><b>BODYATTACK</b> (30)                       | 18h15 <b>LES MILLS</b><br><b>BODYBALANCE</b>     |                                             |                                                                             |
| <b>LES MILLS</b><br><b>RPM</b>                                                     | 18h30 <b>LES MILLS</b><br><b>RPM</b> (45)<br><b>TRX TRAINING</b> | 18h30 <b>LES MILLS</b><br><b>BODYPUMP</b>                                                   | <b>LES MILLS</b><br><b>SPRINT</b>                                    | 19h <b>LES MILLS</b><br><b>BODYSTEP</b> (45)     |                                             |                                                                             |
| 18h45 <b>TRX TRAINING</b><br><b>TRX</b> (45)                                       | 19h <b>Strength Development</b>                                  | 18h45 <b>STATION 45</b>                                                                     | 19h30 <b>LES MILLS</b><br><b>RPM</b>                                 |                                                  |                                             |                                                                             |
| 19h30 <b>STATION 45</b>                                                            | 19h15 <b>STATION 45</b>                                          | 19h30 <b>LES MILLS</b><br><b>BODYATTACK</b>                                                 | 19h45 <b>LES MILLS</b><br><b>BODYCOMBAT</b>                          |                                                  |                                             |                                                                             |
| <b>LES MILLS</b><br><b>BODYBALANCE</b>                                             | 19h45 <b>LES MILLS</b><br><b>BODYPUMP</b>                        |                                                                                             |                                                                      |                                                  |                                             |                                                                             |
| <b>LES MILLS</b><br><b>RPM</b>                                                     |                                                                  |                                                                                             |                                                                      |                                                  |                                             |                                                                             |

