

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 Development LES MILLS

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

12h30 **ST45**
STATION 45

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

12h30 **ST45**
BOXING

16h **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
CORE ^{45*}

17h45 **LES MILLS**
GRIT STRENGTH

17h30 **ST45**
STATION 45

17h30 **LES MILLS**
BODYPUMP

18h15 **LES MILLS**
BODYPUMP

17h30 **ST45**
BOXING

17h45 **LES MILLS**
CORE

18h15 **ST45**
BOXING

17h30 Strength Development LES MILLS

17h **LES MILLS**
BODYATTACK

18h15 **LES MILLS**
RPM

18h15 **LES MILLS**
BODYATTACK

18h15 **LES MILLS**
BODYPUMP

18h15 **LES MILLS**
CORE ^{45*}

18h30 **LES MILLS**
RPM

18h15 **ST45**
STATION 45

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
RPM

19h00 **LES MILLS**
PILATES

19h00 Strength Development LES MILLS

19h00 **LES MILLS**
BODYATTACK

19h00 **LES MILLS**
PILATES

19h15 **LES MILLS**
RPM

19h45 **LES MILLS**
RPM

19h45 **LES MILLS**
BODYATTACK

19h45 **LES MILLS**
BODYCOMBAT