

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

7h30 **LES MILLS**
RPM

10h **LES MILLS**
BODYPUMP

12h30 **LES MILLS**
GRIT CARDIO

13h **TRX TRAINING**
TRX

17h45 **LES MILLS** ⁴⁵
CORE

LES MILLS 18h30
BODYPUMP

18h30 **ST 45**
STATION 45

19h30 **LES MILLS**
RPM

10h **LES MILLS**
BODYBALANCE

12h30 **LES MILLS**
RPM

LES MILLS
RPM 17h30

LES MILLS
PILATES 17h30

18h30 **ST 45**
STATION 45

18h30 **LES MILLS**
RPM

18h30 **LES MILLS** ⁴⁵
CORE

19h30 **LES MILLS**
BODYATTACK

10h **LES MILLS**
RPM

12h30 **ST 45**
STATION 45

17h30 **LES MILLS**
BODYPUMP

18h30 **LES MILLS**
BODYCOMBAT

18h30 **LES MILLS**
RPM

18h30 **TRX TRAINING**
TRX

19h30 **ST 45**
STATION 45

19h30 **LES MILLS**
BODYBALANCE

10h **ST 45**
STATION 45

12h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
RPM

18h **LES MILLS**
GRIT STRENGTH

18h30 **LES MILLS**
BODYATTACK

18h30 **TRX TRAINING**
TRX

10h **LES MILLS**
PILATES

12h30 **LES MILLS**
RPM

17h30 **LES MILLS**
BODYPUMP

18h30 **LES MILLS**
BODYSTEP

18h30 **LES MILLS**
RPM

18h30 **ST 45**
STATION 45

10h **LES MILLS**
GRIT STRENGTH

10h **LES MILLS**
RPM

TRX TRAINING
10h30 **TRX**

11h **ST 45**
STATION 45

11h **LES MILLS**
BODYPUMP

10h00 **ST 45**
STATION 45

11h **LES MILLS**
RPM