PLANNING

accrosport

lundi

9h30 PLANET AQUA AQUADYNAMIC
10h15 LesMILLS BODYPUMP
10h30 WATER FORM AQUACYCLING
11h30 ACCROSPORT AQUABOXING

12h30 LesMILLS BODYBALANCE
ACCROSPORT AQUATRAINING
TRX TRAINING TRX
13h00 LesMILLS GRIT STRENGTH

17h30 ST45 BOXING
LesMILLS BODYPUMP
17h40 PLANET AQUA AQUADYNAMIC
18h LesMILLS SPRINT
18h30 LesMILLS BODYATTACK
TRX TRAINING TRX
LesMILLS RPM
18h40 WATER FORM AQUACYCLING
19H30 LesMILLS CORE

mardi

9h30 WATER FORM AQUACYCLING
10h30 WATER FORM AQUACYCLING

12h30 ACCROSPORT AQUABOXING
LesMILLS CORE

17h30 LesMILLS PILATES
17h40 WATER FORM AQUACYCLING
18H00 LesMILLS RPM
18H15 LesMILLS CORE
18H30 ST45 STATION 45
18h40 PLANET AQUA AQUADYNAMIC
19H15 LesMILLS BODYPUMP
19H30 LesMILLS RPM
ST45 BOXING

merc.

9H15 LesMILLS BODYPUMP
9H30 WATER FORM AQUACYCLING
10H15 LesMILLS CORE
10h30 PLANET AQUA AQUADYNAMIC

12h30 ACCROSPORT AQUABOXING
TRX TRAINING TRX
13H00 LesMILLS SPRINT

17h30 LesMILLS RPM
17h40 PLANET AQUA AQUADYNAMIC
18h00 LesMILLS GRIT STRENGTH
18H30 TRX TRAINING TRX
LesMILLS BODYBALANCE
18h40 ACCROSPORT AQUATRAINING

19h30 ST45 STATION 45
LesMILLS BODYPUMP

jeudi

9h30 PLANET AQUA AQUADYNAMIC
10h15 LesMILLS BODYBALANCE
10h30 WATER FORM AQUACYCLING

12h30 LesMILLS PILATES
PLANET AQUA AQUADYNAMIC

17h30 LesMILLS CORE
17h40 ACCROSPORT AQUABOXING

18h00 ST45 STATION 45
18h30 LesMILLS BODYCOMBAT
LesMILLS RPM
18h40 WATER FORM AQUACYCLING

19h00 TRX TRAINING TRX
19h30 LesMILLS SPRINT

vendr.

9h15 LesMILLS RPM
9h30 PLANET AQUA AQUADYNAMIC
10h15 ST45 STATION 45
10h30 WATER FORM AQUACYCLING
11h30 ACCROSPORT AQUATRAINING

12h30 LesMILLS BODYPUMP

17h30 LesMILLS BODYPUMP

18h30 LesMILLS BODYJAM
LesMILLS RPM
18h40 ACCROSPORT AQUABOXING
19h30 LesMILLS BODYBALANCE

samedi

9h15 ST45 STATION 45

9h30 PLANET AQUA AQUADYNAMIC
10h15 LesMILLS BODYPUMP
TRX TRAINING TRX
10h30 WATER FORM AQUACYCLING
10h45 LesMILLS SPRINT
11h15 LesMILLS BODYBALANCE

dim.

10h15 LesMILLS CORE

11h15 LesMILLS RPM