



PLANNING

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

9h15 **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
RPM

12h30 **LES MILLS**
CORE (45)

17h30 **LES MILLS**
GRIT STRENGTH (30)

18h **LES MILLS**
CORE (30)
LES MILLS
SPRINT (30)

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

18h45 **TRX TRAINING** (45)
TRX

19h30 **STATION 45**
LES MILLS
BODYBALANCE
LES MILLS
RPM

10h15 **LES MILLS**
BODYBALANCE

11h15 **LES MILLS**
BODYPUMP

12h30 **STATION 45**
LES MILLS
RPM

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

17h45 **LES MILLS**
GRIT CARDIO (30)

18h15 **LES MILLS**
BODYSTEP (45)

18h30 **LES MILLS**
RPM
TRX TRAINING (45)
TRX

19h **Strength Development**

19h45 **LES MILLS**
BODYPUMP

9h15 **LES MILLS**
RPM

10h15 **LES MILLS**
CORE (30)

12h30 **LES MILLS**
BODYBALANCE

17h15 **LES MILLS**
BODYJAM

18h **LES MILLS**
GRIT ATHLETIC (30)
TRX TRAINING (45)
TRX

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

18h45 **STATION 45**

19h30 **LES MILLS**
BODYATTACK

10h15 **LES MILLS**
BODYATTACK

11h15 **LES MILLS**
BODYBALANCE

12h30 **STATION 45**
LES MILLS
RPM

17h30 **LES MILLS**
BODYPUMP (45)

18h15 **TRX TRAINING** (45)
TRX
Strength Development

19h **LES MILLS**
BODYATTACK (30)
LES MILLS
SPRINT

19h30 **LES MILLS**
RPM

19h45 **LES MILLS**
BODYCOMBAT

9h15 **LES MILLS**
GRIT CARDIO (30)

10h **TRX TRAINING** (45)
TRX

11h **LES MILLS**
RPM

12h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
CORE (45)
STATION 45

18h **LES MILLS**
RPM

18h15 **LES MILLS**
BODYBALANCE

19h **LES MILLS**
BODYSTEP (45)

9h30 **LES MILLS**
SPRINT (30)

10h **LES MILLS**
BODYATTACK

LES MILLS
RPM
LES MILLS
BODYPUMP

10h **LES MILLS**
BODYBALANCE

10h30 **LES MILLS**
SPRINT (30)

11h **LES MILLS**
BODYCOMBAT
LES MILLS
RPM

17h **LES MILLS**
CORE (30)

17h30 **LES MILLS**
BODYATTACK