

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

9h15 **LES MILLS**
BODYPUMP

10h15 **ZUMBA FITNESS**
ZUMBA

12h30 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYBALANCE

15h **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
GRIT STRENGTH

18h **LES MILLS**
CORE

18h **LES MILLS**
SPRINT

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYATTACK

19h30 **LES MILLS**
BODYBALANCE

7h15 **LES MILLS**
RPM

9h15 **LES MILLS**
BODYBALANCE

10h15 **LES MILLS**
CORE

12h30 **LES MILLS**
BODYPUMP

16h30 **LES MILLS**
PILATES

17h30 **LES MILLS**
RPM

17h30 **LES MILLS**
BODYATTACK

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYPUMP

19h30 **ZUMBA FITNESS**
ZUMBA

9h15 **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
DANCE

11h15 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYCOMBAT

17h15 **LES MILLS**
BODYJAM

18h **LES MILLS**
BODYPUMP

18h30 **LES MILLS**
RPM

18h45 **LES MILLS**
BODYBALANCE

19h30 **LES MILLS**
BODYSTEP

9h15 **LES MILLS**
STONE

10h15 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYATTACK

15h **LES MILLS**
BODYBALANCE

17h30 **LES MILLS**
RPM

17h30 **LES MILLS**
CORE

18h15 **LES MILLS**
BODYPUMP

18h30 **LES MILLS**
SPRINT

18h30 **LES MILLS**
BODYCOMBAT

19h15 **LES MILLS**
RPM

19h45 **LES MILLS**
PILATES

9h15 **LES MILLS**
RPM

10h15 **LES MILLS**
BODYBALANCE

11h15 **LES MILLS**
BODYPUMP

12h30 **LES MILLS**
RPM

17h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
RPM

18h15 **LES MILLS**
BODYATTACK

18h30 **LES MILLS**
RPM

19h00 **LES MILLS**
PILATES

10h **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
SPRINT

10h45 **LES MILLS**
BODYSTEP

11h **LES MILLS**
RPM

11h30 **LES MILLS**
PILATES

17h00 **LES MILLS**
BODYATTACK

10h15 **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
RPM

11h30 **LES MILLS**
RPM

17h30 **LES MILLS**
RPM