

# PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

10h00 **LES MILLS**  
**BODYPUMP**

10h00 **LES MILLS**  
**BODYBALANCE**

10h00 **LES MILLS**  
**RPM**

10h **STATION**  
**HYROX**

10h15 **LES MILLS**  
**BODYPUMP**

12h30 Strength Development **LES MILLS**

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

12h30 **ST 45**  
**STATION 45**

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

12h30 **ST 45**  
**BOXING**

16h **LES MILLS**  
**BODYPUMP**

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

17h45 **LES MILLS**  
**GRIT STRENGTH**

17h30 **STATION**  
**HYROX**

17h30 **LES MILLS**  
**BODYPUMP**

18h15 **LES MILLS**  
**BODYPUMP**

17h30 **ST 45**  
**BOXING**

17h45 **LES MILLS**  
**CORE**

18h15 **STATION**  
**HYROX**

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 **STATION**  
**HYROX**

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**

19h45 **LES MILLS**  
**BODYATTACK**

19h45 **LES MILLS**  
**BODYCOMBAT**

19h45 **LES MILLS**  
**RPM**