

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

PLANET AQUA 9h15
AQUADYNAMIC
9h15 **LES MILLS RPM**
TRX TRAINING
TRX 10h15
10h15 **LES MILLS BODYBALANCE**

WOD 12h15
12h15 **LES MILLS BODYATTACK**
PLANET AQUA 12h15
AQUADYNAMIC

17h45 **LES MILLS PILATES**
ACCROSPORT 17h45
AQUATRaining
17h45 **LES MILLS RPM**
TRX TRAINING
TRX 17h45
WOD 18h30
LES MILLS BODYPUMP 18h30
18h30 **ST45 STATION 45**
18h30 **AQUACycling**
19h30 **LES MILLS BODYATTACK**

7h30 **LES MILLS RPM**
9h30 **CORE**
WOD 10h00
LES MILLS BODYPUMP 10h15
PLANET AQUA 10h15
AQUADYNAMIC
10h15 **ST45 STATION 45**

WOD 12h15
TRX TRAINING
TRX 12h15
WATER FORM 12h15
AQUACycling
12h15 **LES MILLS RPM**

PLANET AQUA 17h45
AQUADYNAMIC
17h45 **LES MILLS BODYATTACK**
WOD 18h00
18h **LES MILLS SPRINT**
18h30 **LES MILLS GRIT STRENGTH**
WATER FORM 18h30
AQUACycling
18h30 **LES MILLS BODYBALANCE**
18h30 **LES MILLS RPM**
HYROX 19h00
TRX TRAINING
TRX 19h15
19h30 **LES MILLS BODYPUMP**

9h30 **LES MILLS CORE**
PLANET AQUA 10h15
AQUADYNAMIC
10h15 **LES MILLS RPM**

WOD 12h15
12h15 **LES MILLS BODYBALANCE**
12h15 **ST45 STATION 45**

17h45 **LES MILLS GRIT**
17h45 **LES MILLS BODYPUMP**
ACCROSPORT 17h45
AQUATRaining
WOD 18h00
LES MILLS BODYJAM 18h30
18h30 **ST45 STATION 45**
18h30 **LES MILLS RPM**
WOD 19h00

TRX TRAINING
TRX 9h15
9h15 **LES MILLS BODYBALANCE**
WOD 10h00
10h15 **ST45 STATION 45**
10h15
PLANET AQUA
AQUADYNAMIC

ACCROSPORT 12h15
AQUATRaining
WOD 12h15
12h15 **LES MILLS BODYPUMP**

TRX TRAINING
TRX 17h45
17h45 **LES MILLS BODYBALANCE**
17h45 **LES MILLS RPM**
WATER FORM 17h45
AQUACycling
WOD 18h
PLANET AQUA 18h35
AQUADYNAMIC
18h30 **LES MILLS BODYCOMBAT**
HYROX 19h00
PILATES 19h30

LES MILLS BODYPUMP 9h15
9h15
AQUACycling
10h15 **LES MILLS RPM**
ACCROSPORT 10h15
AQUATRaining

WOD 12h15
12h15 **LES MILLS RPM**
12h15 **ST45 STATION 45**
12h15 **LES MILLS PILATES**

PLANET AQUA 17h45
AQUADYNAMIC
17h45 **LES MILLS RPM**
17h45 **CORE**
18h30 **LES MILLS BODYATTACK**
18h30 **ST45 STATION 45**
WOD 18h30

9h30 **LES MILLS CORE**
10h **LES MILLS BODYBALANCE**
10h **ST45 STATION 45**
10h **LES MILLS RPM**
HYROX 11h
11h **LES MILLS SPRINT**
11h
AQUACycling

LES MILLS BODYPUMP 10h15
11h30 **LES MILLS RPM**