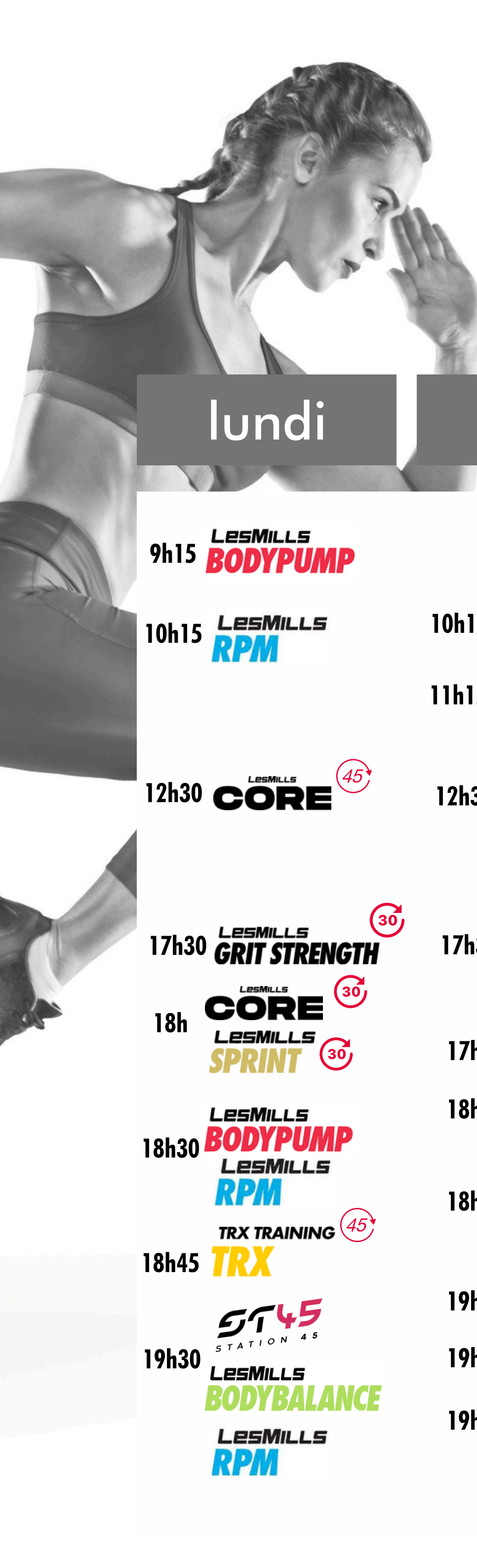




PLANNING

lundi mardi merc. jeudi vendr. samedi dim.

9h15 LES MILLS BODYPUMP		9h15 LES MILLS RPM		9h15 LES MILLS GRIT CARDIO ⁽³⁰⁾	9h30 LES MILLS SPRINT ⁽³⁰⁾	
10h15 LES MILLS RPM	10h15 LES MILLS BODYBALANCE	10h15 LES MILLS CORE ⁽³⁰⁾	10h15 LES MILLS BODYATTACK	10h TRX ⁽⁴⁵⁾	10h LES MILLS BODYATTACK	10h LES MILLS BODYBALANCE
	11h15 LES MILLS BODYPUMP		11h15 LES MILLS BODYBALANCE	11h LES MILLS RPM	10h LES MILLS RPM	10h15 LES MILLS SPRINT ⁽³⁰⁾
12h30 LES MILLS CORE ⁽⁴⁵⁾	12h30 STATION 45 LES MILLS RPM	12h30 LES MILLS BODYBALANCE	12h30 STATION HYROX LES MILLS RPM	12h30 LES MILLS BODYPUMP	11h LES MILLS BODYPUMP	11h LES MILLS BODYCOMBAT LES MILLS RPM
17h30 LES MILLS GRIT STRENGTH ⁽³⁰⁾	17h30 LES MILLS RPM	17h15 LES MILLS BODYJAM	17h30 LES MILLS BODYPUMP ⁽⁴⁵⁾	17h30 LES MILLS CORE ⁽⁴⁵⁾		17h LES MILLS CORE ⁽³⁰⁾
18h LES MILLS CORE ⁽³⁰⁾	LES MILLS PILATES	18h LES MILLS BODYBALANCE ⁽⁴⁵⁾	18h15 TRX ⁽⁴⁵⁾ Strength Development	17h30 STATION 45		17h30 LES MILLS BODYATTACK
18h30 LES MILLS BODYPUMP	17h45 LES MILLS GRIT CARDIO ⁽³⁰⁾	18h30 LES MILLS RPM	18h TRX ⁽⁴⁵⁾ Strength Development	18h LES MILLS RPM	18h LES MILLS RPM	
18h30 LES MILLS RPM	18h15 LES MILLS BODYSTEP ⁽⁴⁵⁾	18h30 LES MILLS BODYPUMP ⁽⁴⁵⁾	19h LES MILLS BODYATTACK ⁽³⁰⁾	18h15 LES MILLS BODYBALANCE	18h15 LES MILLS BODYBALANCE	
18h45 TRX ⁽⁴⁵⁾	18h30 LES MILLS RPM ⁽⁴⁵⁾	18h45 TRX ⁽³⁰⁾	19h LES MILLS SPRINT ⁽³⁰⁾	19h LES MILLS BODYSTEP ⁽⁴⁵⁾		
19h30 STATION 45	19h Strength Development	19h30 STATION HYROX	19h30 LES MILLS RPM			
19h30 LES MILLS BODYBALANCE	19h15 CLUB RUN		19h45 LES MILLS BODYCOMBAT			
19h30 LES MILLS RPM	19h45 LES MILLS BODYPUMP					

