

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

10h00 **LES MILLS BODYPUMP**

10h00 **LES MILLS PILATES**

10h00 **LES MILLS RPM**

10h **STATION HYROX**

10h15 **LES MILLS BODYPUMP**

11h **LES MILLS RPM**

11h30 **LES MILLS RPM**

12h30 Strength Development LES MILLS

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

12h30 **ST45 STATION 45**

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

12h30 **ST45 BOXING**

16h **LES MILLS BODYPUMP**

17h30 **LES MILLS CORE** ^{45*}

17h30 **ST45 BOXING**

17h30 **STATION HYROX**

17h30 **LES MILLS BODYPUMP**

17h30 Strength Development LES MILLS

17h30 **LES MILLS BODYATTACK**

18h15 **LES MILLS BODYPUMP**

17h45 **LES MILLS GRIT STRENGTH**

17h45 **LES MILLS CORE**

18h15 **STATION HYROX**

18h15 **LES MILLS CORE** ^{45*}

18h15 **STATION HYROX**

18h30 **LES MILLS RPM**

18h15 **LES MILLS BODYATTACK**

18h15 **LES MILLS BODYPUMP**

18h15 **LES MILLS CORE** ^{45*}

18h30 **LES MILLS RPM**

19h00 **LES MILLS PILATES**

18h30 **LES MILLS RPM**

18h30 **LES MILLS RPM**

18h30 **LES MILLS RPM**

19h30 **LES MILLS RPM**

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**