

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

10h **LES MILLS**
BODYPUMP

10h **LES MILLS**
BODYBALANCE

10h **LES MILLS**
RPM

10h **ST45**
STATION 45

10h **LES MILLS**
PILATES

10h **LES MILLS**
GRIT STRENGTH

10h **LES MILLS**
RPM

10h00 **STATION**
HYROX

10h30 **TRX TRAINING**
TRX

12h30 **LES MILLS**
GRIT CARDIO

12h30 **LES MILLS**
RPM

12h30 **ST45**
STATION 45

12h30 **LES MILLS**
BODYPUMP

12h30 **LES MILLS**
RPM

11h **ST45**
STATION 45

11h **LES MILLS**
RPM

13h **TRX TRAINING**
TRX

11h **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
RPM

17h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
RPM

17h30 **LES MILLS**
BODYPUMP

17h45 **LES MILLS**
CORE 45

17h30 **LES MILLS**
PILATES

18h30 **LES MILLS**
BODYCOMBAT

18h **LES MILLS**
GRIT STRENGTH

18h30 **LES MILLS**
PILATES

18h30 **LES MILLS**
BODYPUMP

18h30 **ST45**
STATION 45

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYATTACK

18h30 **LES MILLS**
RPM

18h30 **ST45**
STATION 45

18h30 **LES MILLS**
RPM

18h30 **TRX TRAINING**
TRX

18h30 **TRX TRAINING**
TRX

18h30 **ST45**
STATION 45

19h30 **LES MILLS**
RPM

18h30 **LES MILLS**
CORE 45

19h30 **ST45**
STATION 45

19h30 **LES MILLS**
BODYATTACK

19h30 **LES MILLS**
BODYBALANCE