

PLANNING

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

9h30 PLANET AQUA
AQUADYNAMIC
10h15 **LES MILLS**
BODYPUMP
ST45
STATION 45
10h30 WATER FORM
AQUACYCLING
11h30 ACCROSPORT
AQUABOXING
12h30 **LES MILLS**
BODYBALANCE
ACCROSPORT
AQUATRaining
TRX TRAINING
TRX
LES MILLS
RPM
WOD

17h30 **ST45**
STATION 45
LES MILLS
BODYPUMP
17h40 PLANET AQUA
AQUADYNAMIC
18h **LES MILLS**
SPRINT
18h30 **LES MILLS**
BODYATTACK
TRX TRAINING
TRX
LES MILLS
RPM
WOD
18h40 WATER FORM
AQUACYCLING
19h30 **CAF**
HYROX

9h30 WATER FORM
AQUACYCLING
10h15 H Y R O X
10h30 WATER FORM
AQUACYCLING
12h30 ACCROSPORT
AQUABOXING
CAF
ST45
STATION 45

17h30 **LES MILLS**
PILATES
WOD
17h40 WATER FORM
AQUACYCLING
18h00 **LES MILLS**
RPM
18h15 **CAF**
18h30 **ST45**
STATION 45
18h40 PLANET AQUA
AQUADYNAMIC
19h00 **LES MILLS**
BODYPUMP 45
19h30 **LES MILLS**
RPM
ST45
BOXING

9h15 **LES MILLS**
BODYPUMP
9h30 ACCROSPORT
AQUATRaining
10h15 **LES MILLS**
PILATES
10h30 PLANET AQUA
AQUADYNAMIC
12h30 WATER FORM
AQUACYCLING
CAF
HYROX
13h00 **LES MILLS**
SPRINT 30

17h30 **LES MILLS**
RPM
HYROX
17h40 PLANET AQUA
AQUADYNAMIC
18h30 **TRX TRAINING**
TRX
LES MILLS
BODYBALANCE
WOD
18h40 ACCROSPORT
AQUATRaining
19h30 **ST45**
STATION 45
LES MILLS
BODYPUMP

9h30 PLANET AQUA
AQUADYNAMIC
10h15 **CAF**
10h30 WATER FORM
AQUACYCLING
12h30 **LES MILLS**
PILATES
PLANET AQUA
AQUADYNAMIC
LES MILLS
RPM
ST45
STATION 45

17h30 **CAF**
ST45
STATION 45
LES MILLS
RPM
17h40 ACCROSPORT
AQUABOXING
18h30 H Y R O X
LES MILLS
BODYCOMBAT
TRX TRAINING
TRX 30
18h40 WATER FORM
AQUACYCLING
19h00 **LES MILLS**
SPRINT
19h30 **WOD**

9h15 **LES MILLS**
RPM
9h30 PLANET AQUA
AQUADYNAMIC
10h15 **ST45**
STATION 45
10h30 WATER FORM
AQUACYCLING
ACCROSPORT
AQUATRaining
11h30 **LES MILLS**
BODYPUMP
HYROX

17h30 **LES MILLS**
BODYPUMP
ACCROSPORT
AQUAMIX
WOD
18h30 **LES MILLS**
BODYJAM
LES MILLS
RPM
ST45
STATION 45
19h30 **LES MILLS**
BODYBALANCE

9h30 PLANET AQUA
AQUADYNAMIC
WOD
10h15 **LES MILLS**
BODYPUMP
TRX TRAINING
TRX
10h30 WATER FORM
AQUACYCLING
11h00 **LES MILLS**
SPRINT
11h30 H Y R O X
11h15 **LES MILLS**
BODYBALANCE

10h15 **CAF**
10h30 H Y R O X
11h15 **LES MILLS**
RPM
11h30 **WOD**

