

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 STATION HYROX	12h30 Strength Development LES MILLS RPM	12h30 ST 45 STATION 45	12h30 LES MILLS RPM LES MILLS PILATES	12h30 ST 45 BOXING		
					16h00 LES MILLS BODYPUMP	
17h30 LES MILLS CORE ⁴⁵	17h30 ST 45 BOXING	17h30 STATION HYROX	17h30 LES MILLS BODYPUMP	17h30 Strength Development LES MILLS		17h30 LES MILLS BODYATTACK
	18h00 HiIT	17h45 LES MILLS CORE ³⁰				
18h15 LES MILLS BODYPUMP STATION HYROX	18h30 LES MILLS BODYATTACK LES MILLS RPM	18h15 LES MILLS BODYPUMP	18h15 LES MILLS CORE ⁴⁵	18h30 LES MILLS RPM		
		18h30 LES MILLS RPM	18h30 STATION HYROX LES MILLS RPM			
19h15 LES MILLS PILATES LES MILLS RPM	19h30 Strength Development LES MILLS	19h00 LES MILLS BODYATTACK	19h00 LES MILLS PILATES			
		19h45 LES MILLS RPM				