

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

LES MILLS
RPM

10h00 **STATION**
HYROX

10h30 **TRX TRAINING**
TRX

12h30 Strength Development **LES MILLS**

12h30 **LES MILLS**
RPM

12h30 **ST45**
STATION 45

12h30 **LES MILLS**
BODYPUMP

12h30 **LES MILLS**
RPM

11h **ST45**
STATION 45
LES MILLS
Shapes

11h **LES MILLS**
RPM

17h30 **LES MILLS**
Shapes
LES MILLS
RPM

17h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
RPM

17h30 **LES MILLS**
BODYPUMP

17h45 **LES MILLS**
PILATES

18h30 Strength Development **LES MILLS**

18h30 **LES MILLS**
BODYCOMBAT
LES MILLS
RPM

17h45 Strength Development **LES MILLS**

18h30 **LES MILLS**
PILATES

18h30 **LES MILLS**
BODYPUMP

LES MILLS
RPM

TRX TRAINING
TRX

18h30 **LES MILLS**
BODYATTACK
TRX TRAINING
TRX

18h30 **LES MILLS**
RPM

ST45
STATION 45

ST45
STATION 45

19h30 **ST45**
STATION 45

19h30 **LES MILLS**
RPM

19h30 **STATION**
HYROX

LES MILLS
BODYBALANCE