

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:30	RPM	LM PILATES		TRX	LM CORE	
9:45						BODYPUMP
10:30	BODYBALANCE	STATION HYBRID		RPM	ST BOXING	
11:00						RPM
12:30	ST BOXING	STATION HYBRID		BODYBALANCE	RPM	
17:45	TRX	LM CORE	STEP RPM	LMDANCE STATION HYBRID		
18:30	RPM LM DANCE	BODYATTACK	BODYPUMP	BODYBALANCE RPM		
19:30	STATION HYBRID		LM PILATES	STATION HYBRID		