

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:15	BODYPUMP		RPM		STATION HYBRID	9:30 LM SHAPES	
10:15	RPM	BODYBALANCE	LM CORE	LM SHAPES	10:15 TRX 11:00 RPM	10:00 RPM 10:15 BODYATTACK	10:00 RPM BODYBALANCE
11:15		BODYPUMP		BODYBALANCE	LM PILATES	11:00 BODYPUMP	11:00 BODYCOMBAT
12:30	LM CORE	STATION HYBRID	BODYBALANCE	RPM HYROX TRAINING	BODYPUMP		
17:30		LM PILATES RPM	17:15 LM SHAPES	BODYPUMP	LM CORE STATION HYBRID		16:45 LM CORE
18:00	LM CORE		BODYBALANCE		RPM		17:30 STATION HYBRID
18:15		BODYATTACK		STATION HYBRID TRX	BODYBALANCE		
18:30	BODYPUMP RPM	TRX	RPM				
	18:45 TRX		18:45 BODYPUMP TRX				
19:00	19:30 BODYBALANCE	STATION HYBRID 19:15 CLUB RUN 19:45 BODYPUMP	19:30 HYROX TRAINING	BODYCOMBAT RPM 19:45 BODYATTACK			