

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:00	BODYPUMP	BODYBALANCE	RPM	STATION HYBRID	LM PILATES	RPM	HYROX TRAINING
11:00						STATION HYBRID LM SHAPES	RPM
12:30	STRENGTH DEV	RPM	HYROX TRAINING	BODYPUMP	RPM		
17:30	LM PILATES	LM SHAPES	BODYPUMP	RPM 17:45 STRENGTH DEV	BODYPUMP		
18:30	STATION HYBRID BODYPUMP	STRENGTH DEV RPM	BAD'ASS TRX RPM	BODYATTACK TRX	LM PILATES RPM		
19:30		HYROX TRAINING	STATION HYBRID LM PILATES				