

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:30	BODYPUMP 45' AQUACYCLING	HYROX TRAINING	ST BOXING	ZUMBA AQUACYCLING	BODYBALANCE 45' AQUADYNAMIC	AQUADYNAMIC	
10:30	RPM AQUADYNAMIC	YOGA AQUACYCLING	LM PILATES AQUADYNAMIC	HYROX TRAINING AQUADYNAMIC	STATION HYBRID AQUACYCLING	10:00 BODYPUMP 10:30 AQUACYCLING	10:00 BODYPUMP AQUATRaining
11:30		AQUATRaining	AQUACYCLING	AQUABOXING		11:00 RPM 11:30 AQUATRaining	11:00 RPM AQUACYCLING
12:30	BODYPUMP 45' TRX	LM PILATES SPRINT AQUADYNAMIC	HYROX TRAINING	BODYBALANCE 45' RPM AQUATRaining	LM CORE 45'	12:00 45' BODYBALANCE	
				14:30 AQUATRaining			
17:30	LM CORE 30' SPRINT AQUACYCLING	BODYBALANCE 45' ST BOXING	17:15 YOGA 17:30 RPM STATION HYBRID	17:30 TRX BODYPUMP 45'	HYROX TRAINING		
18:15	BODYPUMP 45' STATION HYBRID				18:00 BODYPUMP 45'		
18:30	AQUADYNAMIC	BODYCOMBAT TRX AQUATRaining	BODYPUMP 45' RPM AQUACYCLING	BODYCOMBAT AQUACYCLING	AQUACYCLING		
19:15	LM PILATES RPM				19:00 BODYBALANCE 45' RPM		
19:30	AQUABOXING	ZUMBA 45' AQUACYCLING	HYROX TRAINING AQUATRaining	LM PILATES AQUADYNAMIC			