

PLANNING

| lundi | mardi | merc. | jeudi | vendr. | samedi | dim. |
|-------|-------|-------|-------|--------|--------|------|
|-------|-------|-------|-------|--------|--------|------|

| | | | | | | |
|------------------------------------|-------------------------------|--|----------------------------|--|--|-------|
| 9h30 LES MILLS RPM | 9h30 LES MILLS PILATES | | | | 9h45 LES MILLS BODYPUMP ⁴⁵ | LIBRE |
| 10h30 LES MILLS BODYBALANCE | | | 10h30 LES MILLS RPM | | 11h00 LES MILLS RPM | |

| | | | | | | |
|--------------------------|------------------------------|--|------------------------------------|----------------------------|--|-------|
| 12h30 ST45 BOXING | 12h30 ST45 STATION 45 | | 12h30 LES MILLS BODYBALANCE | 12h30 LES MILLS RPM | | ACCES |
|--------------------------|------------------------------|--|------------------------------------|----------------------------|--|-------|

| | | | | | | |
|----------------------------------|-----------------------------------|---|--|--|--|-------|
| 17h45 TRX TRAINING TRX | 17h45 LES MILLS CORE | 17h45 LES MILLS RPM STEP | 17h45 LES MILLS DANCE ST45 STATION 45 | | | ACCES |
| 18h30 LES MILLS RPM DANCE | 18h30 LES MILLS BODYATTACK | 18h30 LES MILLS BODYPUMP ⁴⁵ | 18h30 LES MILLS PILATES | | | |

