

# PLANNING



| lundi   | mardi   | merc.   | jeudi                           | vendr.                                      | samedi                   | dim.                            |
|---|---|---|---------------------------------|---|--------------------------|---------------------------------|
| 10h00 <b>LES MILLS BODYPUMP</b>               |   | 10h00 <b>LES MILLS PILATES</b>                |                                 | 10h00 <b>LES MILLS RPM</b>                  | 10h <b>STATION HYROX</b> | 10h15 <b>LES MILLS BODYPUMP</b> |
| 12h30 <b>ST45 BOXING</b>                      | 12h30 Strength Development <b>LES MILLS RPM</b> | 12h30 <b>RAW TRAINING</b>                     | 12h30 <b>LES MILLS RPM</b>      | 12h30 <b>ST45 BOXING</b>                    | 11h <b>LES MILLS RPM</b> | 11h30 <b>LES MILLS RPM</b>      |
| 17h30 <b>LES MILLS CORE</b> <sup>45*</sup>    | 17h30 <b>ST45 BOXING</b>                        | 17h30 <b>STATION HYROX</b>                    | 17h30 <b>LES MILLS BODYPUMP</b> | 17h30 Strength Development <b>LES MILLS</b> |                          |                                 |
| 18h15 <b>LES MILLS BODYPUMP STATION HYROX</b> | 18h00 <b>HiT</b>                                | 17h45 <b>LES MILLS CORE</b> <sup>30</sup>     | 18h15 <b>LES MILLS PILATES</b>  |   |                          |                                 |
|   | 18h30 <b>LES MILLS BODYATTACK LES MILLS RPM</b> | 18h30 <b>LES MILLS BODYPUMP LES MILLS RPM</b> | 18h30 <b>STATION HYROX</b>      | 18h30 <b>LES MILLS RPM</b>                  |                          |                                 |
| 19h15 <b>LES MILLS PILATES</b>                | 19h30 Strength Development <b>LES MILLS</b>     |   |                                 |   |                          |                                 |
| 19h30 <b>LES MILLS RPM</b>                    |   |   |                                 |   |                          |                                 |