

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

9h15 PLANET AQUA
AQUADYNAMIC
LES MILLS
RPM

10h15 TRX TRAINING
TRX
LES MILLS
BODYBALANCE

12h15 **WOD**
LES MILLS
BODYATTACK
PLANET AQUA
AQUADYNAMIC

17h45 LES MILLS
PILATES
ACCROSPORT
AQUATRaining
LES MILLS
RPM
TRX TRAINING
TRX

18h30 **WOD**
LES MILLS
BODYPUMP
STATION 45
AQUACYCLING

19h30 LES MILLS
BODYATTACK

10h15 LES MILLS
BODYPUMP
PLANET AQUA
AQUADYNAMIC

12h15 **WOD**
TRX TRAINING
TRX
WATER FORM
AQUACYCLING
LES MILLS
RPM

17h45 PLANET AQUA
AQUADYNAMIC
LES MILLS
BODYATTACK
STATION 45
BOXING

18h00 **WOD**

18h30 LES MILLS
GRIT STRENGTH
LES MILLS
BODYBALANCE
LES MILLS
RPM

19h00 H Y R O X

19h15 TRX TRAINING
TRX

9h30 LES MILLS
CORE

10h15 PLANET AQUA
AQUADYNAMIC
LES MILLS
RPM

12h15 LES MILLS
BODYBALANCE
STATION 45
ST45

17h45 LES MILLS
RPM
LES MILLS
BODYPUMP

18h00 H Y R O X

18h30 LES MILLS
BODYJAM
LES MILLS
RPM
STATION 45
ST45

18h45 PLANET AQUA
AQUADYNAMIC

19h00 **WOD**

9h15 LES MILLS
BODYBALANCE
LES MILLS
RPM

10h15 STATION 45
ST45
PLANET AQUA
AQUADYNAMIC

12h15 **WOD**
ACCROSPORT
AQUATRaining
LES MILLS
BODYPUMP
STATION 45
BOXING

17h45 LES MILLS
BODYBALANCE
LES MILLS
RPM
WATER FORM
AQUACYCLING
TRX TRAINING
TRX

18h **WOD**

18h30 LES MILLS
BODYCOMBAT
STATION 45
ST45

18h45 ACCROSPORT
AQUABOXING

19h30 LES MILLS
PILATES
LES MILLS
GRIT | **ATHLETIC**

9h15 LES MILLS
BODYPUMP

10h15 LES MILLS
RPM
ACCROSPORT
AQUATRaining
TRX TRAINING
TRX

12h15 **WOD**
LES MILLS
RPM
STATION 45
ST45
LES MILLS
PILATES

17h45 ACCROSPORT
AQUATRaining
LES MILLS
RPM

18h00 H Y R O X

18h30 LES MILLS
BODYPUMP

18h40 STATION 45
ST45

9h30 LES MILLS
CORE

10h LES MILLS
BODYBALANCE
STATION 45
ST45

LES MILLS
RPM

11h **AQUACYCLING**

10h15 LES MILLS
BODYPUMP

11h30 LES MILLS
RPM