

Planning
LUNDI

COURS COLLECTIFS - 2025

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

					10:30- 11:15	
					LES MILLS RPM	
12:45-13:15		12:45-13:15		12:45-13:15		11:30- 12:15
CROSS TRAINING		LES MILLS BODY PUMP		LES MILLS GRIT		LES MILLS RPM
18:00-18:30		18:00-18:45		18:00- 18:45		18:00-18:30
LES MILLS sprint	CROSS TRAINING	CAF		LES MILLS CORE		LES MILLS CORE
18:00- 18:45		18H30-19:15		18:00-18:45		18:15-19:00
LES MILLS BODY PUMP		LES MILLS RPM		BODY WORKOUT		LES MILLS RPM
18:30- 19:00		18:45-19:30		18:30-19:15		18H30-19:00
BOXE		CAF		LES MILLS BODY PUMP		LES MILLS GRIT
18:45-19:30		18:30-19:15		18:45-19:30		
LES MILLS RPM	LES MILLS BODY PUMP			LES MILLS RPM		
19:00-19:30		19:30-20:00		18h45-19h30		19:30-20:15
CROSS TRAINING		LES MILLS sprint		BODY WORKOUT		LES MILLS BODY COMBAT
19:30-20:00		19:30-20:15		19:30-20:00		19:30-20:15
BOXE		ZUMBA		LES MILLS sprint		LES MILLS RPM
19:30-20:15		19:30-20:15		19:30-20:15		
LES MILLS BODY BALANCE	LES MILLS RPM			BODY WORKOUT		LES MILLS BODY BALANCE