

Planning

COURS COLLECTIFS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

10:30- 11:15					
					LES MILLS BODYPUMP
12:45-13:15	12:45-13:15	12:45-13:15	12:45-13:15	11:30- 12:15	
CROSS TRAINING	LES MILLS BODYPUMP	LES MILLS GRIT	BOXE		LES MILLS RPM
18:00-18:30	18:00-18:45	18:00-18:30	18:00- 18:45	18:00-18:30	
CROSS TRAINING	CAF	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	
18:00- 18:45	18H00-18h30	18:00-18:30	18:00-18:30	18:15-19:00	
LES MILLS BODYPUMP	STRAP 	CROSS TRAINING	BOXE	LES MILLS RPM	
18:30- 19:00	18:30-19:15	18:30-19:15	18:45-19:30	18H30-19:00	
BOXE	LES MILLS RPM	LES MILLS BODYPUMP LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS GRIT	
18:45-19:30	18H40-19h10	18:30-19:00	18:45-19:30		
LES MILLS RPM	LES MILLS BODYPUMP STRAP 	BOXE	LES MILLS RPM		
19:00-19:30	18:45-19:30	19h00-19h30	19:30-20:15		
CROSS TRAINING	CAF	CROSS TRAINING	LES MILLS BODYCOMBAT		
19:30-20:00	19:30-20:00	19:30-20:00	19:30-20:15		
BOXE	LES MILLS sprint	LES MILLS sprint BOXE	LES MILLS RPM		
19:30-20:15	19:30-20:15	19:30-20:15			
LES MILLS BODYBALANCE	LES MILLS RPM	ZUMBA®	LES MILLS BODYBALANCE		