

PLANNING

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

9h15 **LES MILLS**
BODYPUMP

9h15 **LES MILLS**
BODYBALANCE

9h15 **LES MILLS**
RPM

9h15 **LES MILLS**
GRIT CARDIO

9h30 **LES MILLS**
SPRINT

10h15 **LES MILLS**
BODYBALANCE

10h15 **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
CORE

10h15 **LES MILLS**
BODYATTACK

10h **TRX TRAINING**
TRX

10h **LES MILLS**
BODYATTACK

10h **LES MILLS**
BODYBALANCE

10h45 **LES MILLS**
RPM

10h **LES MILLS**
RPM

11h **LES MILLS**
BODYPUMP

11h **LES MILLS**
RPM

12h30 **LES MILLS**
CORE

12h30 **LES MILLS**
BODYATTACK

12h30 **LES MILLS**
BODYBALANCE

12h30 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYPUMP

13h **TRX TRAINING**
TRX

18h **LES MILLS**
CORE

17h30 **LES MILLS**
RPM

17h30 **LES MILLS**
BODYBALANCE

18h **LES MILLS**
GRIT CARDIO

18h30 **TRX TRAINING**
TRX

18h30 **LES MILLS**
SPRINT

18h30 **LES MILLS**
CORE

17h30 **TRX TRAINING**
TRX

18h **LES MILLS**
GRIT ATHLETIC

18h30 **STATION 45**

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
BODYPUMP

18h **TRX TRAINING**
TRX

18h30 **LES MILLS**
BODYATTACK

17h45 **LES MILLS**
CORE

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYBALANCE

17h **LES MILLS**
CORE

17h30 **LES MILLS**
BODYATTACK

19h **TRX TRAINING**
TRX

19h30 **STATION 45**

19h30 **LES MILLS**
BODYBALANCE

19h **STATION 45**

19h **LES MILLS**
GRIT STRENGTH

19h30 **LES MILLS**
BODYPUMP

18h30 **ACCROSPORT**
CLUB RUN

19h30 **LES MILLS**
BODYATTACK

19h **LES MILLS**
SPRINT

19h30 **LES MILLS**
BODYCOMBAT

19h30 **LES MILLS**
RPM

19h30 **LES MILLS**
BODYJAM

