

# PLANNING ÉTÉ

du 1<sup>er</sup> juillet au 13 août inclus



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

PLANET AQUA  
**AQUADYNAMIC** 9h30

10h30 WATER FORM  
**AQUACYCLING**

12h30 **LES MILLS**  
**RPM**  
12h30 ACCROSPORT  
**AQUATRaining**

17h30 **ST45**  
STATION 45

**LES MILLS**  
**BODYPUMP** 17h30

PLANET AQUA 17h45  
**AQUADYNAMIC**

18h **LES MILLS**  
**SPRINT**

18h35 **LES MILLS**  
**BODYATTACK**

TRX TRAINING  
**TRX** 18h45

18h45 **LES MILLS**  
**RPM**

WATER FORM  
**AQUACYCLING** 18h45

19h45 **LES MILLS**  
**CORE**

9h15 **LES MILLS**  
**BODYPUMP**

ACCROSPORT 9h30  
**AQUATRaining**

10h15 **LES MILLS**  
**CORE**

PLANET AQUA 10h30  
**AQUADYNAMIC**

12h30 WATER FORM  
**AQUACYCLING**

12h30 **ST45**  
STATION 45

12h30 **LES MILLS**  
**RPM**

17h30 **LES MILLS**  
**RPM**

17h30 **LES MILLS**  
**BODYBALANCE**

ACCROSPORT 17h45  
**AQUATRaining**

TRX TRAINING  
**TRX** 18h35

18h35 **ST45**  
STATION 45

**LES MILLS**  
**BODYPUMP** 18h35

19h45 **LES MILLS**  
**RPM**

19h45 **LES MILLS**  
**BODYATTACK**

19h15 **LES MILLS**  
**GRIT STRENGTH**

**LES MILLS**  
**BODYPUMP** 19h45

10h15 **LES MILLS**  
**BODYBALANCE**

TRX TRAINING  
**TRX** 12h20

13h **LES MILLS**  
**SPRINT**

17h30 **LES MILLS**  
**CORE**

17h30 **ST45**  
STATION 45

18h35 **LES MILLS**  
**BODYBALANCE**

TRX TRAINING  
**TRX** 18h45

19h35 **LES MILLS**  
**SPRINT**

19h45 **LES MILLS**  
**BODYCOMBAT**

PLANET AQUA 9h30  
**AQUADYNAMIC**

WATER FORM 10h30  
**AQUACYCLING**

12h30 **LES MILLS**  
**BODYPUMP**

TRX TRAINING  
**TRX** 17h30

ACCROSPORT 17h30  
**AQUATRaining**

18h05 **LES MILLS**  
**GRIT CARDIO**

WATER FORM 18h30  
**AQUACYCLING**

18h35 **LES MILLS**  
**BODYJAM**

18h45 **LES MILLS**  
**RPM**

9h15 **ST45**  
STATION 45

PLANET AQUA 9h30  
**AQUADYNAMIC**

10h15 **LES MILLS**  
**BODYATTACK**

WATER FORM 10h30  
**AQUACYCLING**

TRX TRAINING  
**TRX** 10h30

11h15 **LES MILLS**  
**SPRINT**

11h30 **LES MILLS**  
**CORE**

10h00 **LES MILLS**  
**BODYPUMP**

11h15 **LES MILLS**  
**RPM**

