



COURS COLLECTIFS PLANNING

À PARTIR DU 6 JANVIER



STUDIO C1

	lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
9H30	100% RENFO 45'	tone 45'	LES MILLS BODYPUMP 60'	YOGA 60'		LES MILLS BODYPUMP 60'	
10H00					100% ABDOS 30'		100% RENFO 45'
10H30	LES MILLS BODYBALANCE 60'	FITBALL 45'	100% ABDOS 30'	tone 45'	LES MILLS BODYBALANCE 60'		
11H00							STRETCH 45'
12H30	tone 45'	PILATES 45'	LES MILLS BODYBALANCE 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYATTACK 45'		
14H00					GYM DOS 45'		
14H30	LES MILLS BODYPUMP 45'		FITBALL 45'				
17H45	tone 45'	LES MILLS BODYATTACK 45'	STEP 45'	LES MILLS BODYPUMP 45'	100% RENFO 45'		
18H30	LES MILLS BODYCOMBAT 60'	LES MILLS BODYBALANCE 60'	LES MILLS BODYPUMP 60'	LES MILLS BODYATTACK 60'	LIA 45'		
19H30	YOGA 60'	LES MILLS BODYPUMP 60'	STRETCH 45'	LES MILLS BODYBALANCE 60'			

STUDIO Biking

	lundi	mardi	mercredi	jeudi	vendredi	samedi
9H30		SPiVi 45'			LES MILLS RPM 45'	
10H30				SPiVi 45'		SPiVi 45'
12H30	SPiVi 45'		LES MILLS RPM 45'			
17H30	LES MILLS RPM 45'	SPiVi 45'				
18H30			LES MILLS RPM 45'		SPiVi 45'	
19H30	SPiVi 45'	LES MILLS RPM 45'		LES MILLS RPM 45'		

Garage

	LUNDI	mardi	mercredi	jeudi	vendredi	samedi
7H30				TRX 45'		
8H00		(F2) PURE 60'				
9H30	CROSS TRAINING 60'		CROSS TRAINING BASE 60'			
10H30	TRX YOGA 45'	ANTI GRAVITY 60'	ANTI GRAVITY 60'		TRX 45'	
11H30						CROSS TRAINING 60'
12H30		HBX BOXING 45'	TRX 45'	CROSS TRAINING 45'		
17H15	CROSS TRAINING 60'		CROSS TRAINING 60'			
17H30		(F2) PURE 60'		TRX YOGA 45'	HBX BOXING 45'	
18H30	ANTI GRAVITY 60'	TRX 45'	(F2) PURE 60'	HBX BOXING 45'	CROSS TRAINING EXPERT 60'	
19H30		CROSS TRAINING 60'		CROSS TRAINING BASE 60'	CROSS TRAINING 60'	
19H45	TRX 45'		ANTI GRAVITY 60'			