



Cours collectifs planning

STUDIO C1							
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9H30	100% RENFO 45'	FITBALL 45'	100% ABDOS 30'	LES MILLS BODYPUMP 45'		LES MILLS BODYPUMP 45'	100% RENFO 45'
10H30	PILATES 45'	YOGA 60'			LES MILLS BODYBALANCE 45'		
12H30	GRIT 30'	LES MILLS BODYBALANCE 45'	BOOTY TRAINING 54 45'	LES MILLS BODYPUMP 45'			
17H30	100% ABDOS 30'	GRIT 30'	STEP 45'	BOOTY TRAINING 54 45'	STRETCH 45'		
18H00	LES MILLS BODYPUMP 60'						
18H30		LES MILLS BODYATTACK 45'	LES MILLS BODYPUMP 45'	YOGA 60'	GRIT 30'		
19H30		LES MILLS BODYBALANCE 45'					

STUDIO Biking						
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H30	SPiVi 45'	SPiVi 45'	SPiVi 45'	SPiVi 45'	LES MILLS RPM 45'	
10H30	SPiVi 45'	SPiVi 45'	SPiVi 45'	SPiVi 45'		
11H30	SPiVi 45'			SPiVi 45'		
12H15		SPiVi 45'	SPiVi 45'			
12H30	LES MILLS RPM 45'			LES MILLS THE TRIP 45'	SPiVi 45'	
13H15		SPiVi 45'	SPiVi 45'			
14H15	SPiVi 45'			SPiVi 45'	SPiVi 45'	
15H15		SPiVi 45'	SPiVi 45'			SPiVi 45'
16H15	SPiVi 45'			SPiVi 45'	SPiVi 45'	
17H15			SPiVi 45'			
17H30		LES MILLS THE TRIP 45'				
18H15				SPiVi 45'	SPiVi 45'	
19H00	LES MILLS THE TRIP 45'					
19H15					SPiVi 45'	
19H30		LES MILLS RPM 45'		SPiVi 45'		
20H15	SPiVi 45'		SPiVi 45'			

Garage				
	Lundi	Mardi	Mercredi	Vendredi
10H30	CROSS TRAINING 60'	TRX 45'		TRX 45'
12H30		BOXING 54 45'	CROSS TRAINING 60'	
17H30				(F5) 60'
18H30		TRXYOGA 45'	TRX 45'	BOXING 54 45'
19H00	CROSS TRAINING 60'			
19H30			CROSS TRAINING 60'	

