

54^P_M

Cours collectifs planning

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

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

Garage					
	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9H30	CROSS TRAINING 60'		CROSS TRAINING 60'		TRX 45'
10H30		TRX 45'		ANTIGRAVITY 60'	
12H30		BOXING 54 45'	ATHLETIC 54 60'	CROSS TRAINING 45'	
17H15	CROSS TRAINING 60'				
17H30			ANTIGRAVITY 60'	TRX 45'	BOXING 54 45'
18H30	ANTIGRAVITY 60'	ATHLETIC 54 60'		BOXING 54 45'	
19H30		(F54) 60'	CROSS TRAINING 60'	(F54) 60'	
19H45	TRX 45'				

