

54^P_M

Cours collectifs planning

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

STUDIO Biking						
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
8H00	SPiVi 45'	SPiVi 45'	SPiVi 45'	SPiVi 45'	SPiVi 45'	
9H30	SPiVi 45'	SPiVi 45'	SPiVi 45'	SPiVi 45'	LES MILLS RPM 45'	
10H30	SPiVi 45'	SPiVi 45'	SPiVi 45'	SPiVi 45'		SPiVi 45'
11H30				SPiVi 45'		
12H30	LES MILLS RPM 45'		SPiVi 45'		SPiVi 45'	SPiVi 45'
13H15		SPiVi 45'				
14H15	SPiVi 45'			SPiVi 45'	SPiVi 45'	
15H15		SPiVi 45'	SPiVi 45'			
16H15	SPiVi 45'			SPiVi 45'	SPiVi 45'	
17H30			SPiVi 45'			
18H00				LES MILLS RPM 45'		
18H30		LES MILLS RPM 45'			SPiVi 45'	
19H00	SPiVi 45'					
19H30					SPiVi 45'	
20H30			SPiVi 45'			

Garage					
	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9H30	CROSS TRAINING 60'				
10H30		TRX 45'		ANTIGRAVITY 60'	
12H30		BOXING 54 45'		CROSS TRAINING 45'	
17H15	CROSS TRAINING 60'				
17H30			ANTIGRAVITY 60'		BOXING 54 45'
18H00				(F2) 60'	
18H30	ANTIGRAVITY 60'	BOXING 54 45'	CROSS TRAINING 60'		
19H00				CROSS TRAINING 60'	
19H30	TRX 45'	(F2) 60'			

