

COURS COLLECTIFS

LesMILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h15					LesMILLS BODYBALANCE	
09h30	ABDOS FLASH 30 MIN					
10h15	GYM SCULPT	LesMILLS BODYBALANCE RPM ROAD	STRETCHING RPM RACE	GYM SCULPT/STRETCH		LesMILLS BODYBALANCE 10h
11h15						RPM RACE 11h
12h30	LesMILLS BODYATTACK RPM RACE	GYM SCULPT LesMILLS Sprint	LesMILLS BODYBALANCE	LesMILLS BODYPUMP	RPM RACE	
17h30	RPM ROAD		CARDIO SCULPT			
17h45	LesMILLS BODYPUMP 30 MIN	ABDOS FLASH 30 MIN			LesMILLS BODYBALANCE 30 MIN	
18h30	LesMILLS BODYSTEP	RPM RACE	LesMILLS BODYPUMP LesMILLS sprint	LesMILLS BODYATTACK 1 H	CARDIO SCULPT RPM ROAD	
19h00		LesMILLS BODYPUMP 1 H				
19h30			RPM RACE	ABDOS FLASH 30 MIN RPM RACE		



SMALL GROUP TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
09h15	GRAVITY		GRAVITY			GRAVITY ^{9h}
10h15	PILATES			TRX CORE	GRAVITY	GRAVITY ^{10h}
12h30	GRAVITY	CROSS TRAINING	TRX CORE		YOGA	
17h30	TRX CORE	PILATES		RUNNING	CROSS TRAINING	
18h30	BOXING TRAINING	CROSS TRAINING	TRX CORE	SPARTAN TRAINING GRAVITY	BOXING TRAINING	
19h30	RUNNING YOGA	GRAVITY	CROSS TRAINING YOGA			

