





















# SMALL GROUP TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
09h15	 <b>GRAVITY</b>		 <b>GRAVITY</b>				
10h15	 <b>PILATES</b>			 <b>TRX CORE</b>	 <b>GRAVITY</b>	 <b>GRAVITY</b>	<b><u>CROSS TRAINING</u></b>
12h30	 <b>GRAVITY</b>	<b><u>CROSS TRAINING</u></b>	 <b>TRX CORE</b>	 <b>BOXING TRAINING</b>	 <b>YOGA</b>		
17h30	 <b>TRX CORE</b>	 <b>PILATES</b>		 <b>RUNNING</b>	<b><u>CROSS TRAINING</u></b>		
18h30	 <b>BOXING TRAINING</b>	<b><u>CROSS TRAINING</u></b>	 <b>TRX CORE</b>	 <b>GRAVITY</b>	 <b>BOXING TRAINING</b>		
19h30	 <b>YOGA</b>	 <b>GRAVITY</b>	<b><u>CROSS TRAINING</u></b>  <b>YOGA</b>				



# COURS COLLECTIFS

## LES MILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h15					<b>LES MILLS</b> <b>BODYBALANCE</b>		
09h30	<b>ABDOS FLASH</b> 30 MIN						
10h15	<b>GYM SCULPT</b>	<b>LES MILLS</b> <b>BODYBALANCE</b> <b>RPM ROAD</b>	<b>STRETCHING</b> <b>RPM RACE</b>	<b>GYM</b> <b>SCULPT/STRETCH</b>		<b>LES MILLS</b> <b>BODYBALANCE</b>	
11h15						<b>RPM RACE</b>	<b>RPM RACE</b>
12h30	<b>LES MILLS</b> <b>BODYATTACK</b> <b>RPM RACE</b>	<b>GYM SCULPT</b> <b>LES MILLS</b> <b>sprint</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>RPM RACE</b>		
17h30	<b>LES MILLS</b> <b>BODYPUMP</b> <b>RPM ROAD</b>		<b>CARDIO SCULPT</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>			
17h45		<b>ABDOS FLASH</b> 30 MIN					
18h30	<b>LES MILLS</b> <b>BODYSTEP</b>	<b>LES MILLS</b> <b>BODYBALANCE</b> <b>RPM RACE</b>	<b>LES MILLS</b> <b>BODYPUMP</b> <b>LES MILLS</b> <b>sprint</b>	<b>LES MILLS</b> <b>BODYATTACK</b>	<b>CARDIO SCULPT</b> <b>RPM ROAD</b>		
19h30		<b>LES MILLS</b> <b>BODYPUMP</b>	<b>RPM RACE</b>	<b>ABDOS FLASH</b> 30 MIN <b>RPM RACE</b>			

TOUS NOS ENTRAÎNEMENTS SE FONT SOUS CONTRÔLE DE LA FRÉQUENCE CARDIAQUE POUR PLUS D'EFFICACITÉ ET DE SÉCURITÉ.

