

# COURS COLLECTIFS

## LES MILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h15			<b>RPM RACE</b>		<b>LES MILLS BODYBALANCE</b>	
09h30	100% ABDOS					
10h15	100% RENFO	<b>LES MILLS BODYBALANCE</b> <b>RPM ROAD</b>	100% STRETCHING MOBILITE	100% RENFO		<b>LES MILLS BODYBALANCE</b> 10h
11h00						<b>RPM RACE</b>
12h30	<b>LES MILLS BODYATTACK</b> 30 MIN 100% ABDOS 15 MIN	<b>LES MILLS sprint</b> 30 MIN	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYPUMP</b>	<b>RPM RACE</b> 100% RENFO	
15h00		<b>LES MILLS BODYBALANCE</b>				
17h30	<b>RPM ROAD</b>		<b>LES MILLS BODYSTEP</b>			
17h45		100% ABDOS				
18h00		<b>RPM RACE</b>				
18h30	<b>LES MILLS BODYSTEP</b>		<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b> 30 MIN	100% STRETCHING MOBILITE <b>RPM ROAD</b>	
19h00		<b>LES MILLS BODYPUMP</b> 1 H	<b>LES MILLS sprint</b>	100% ABDOS 30 MIN		
19h30		<b>RPM RACE</b>		<b>LES MILLS BODYBALANCE</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.



# SMALL GROUP TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h15	 <b>GRAVITY</b>		 <b>GRAVITY</b>			
10h15	 <b>PILATES</b>			 <b>TRX CORE</b>	 <b>GRAVITY</b>	 <b>GRAVITY</b> <sup>10h</sup>
12h30	 <b>GRAVITY</b>	<b>CROSS TRAINING</b>	 <b>TRX CORE</b>	 <b>BOXING TRAINING</b>	 <b>YOGA</b>	
17h30				 <b>RUNNING</b>  <b>PILATES</b>	<b>CROSS TRAINING</b>	
18h30	 <b>BOXING TRAINING</b>	<b>CROSS TRAINING</b>	 <b>TRX CORE</b>	 <b>GRAVITY</b>		
19h00		 <b>PILATES</b>				
19h30	 <b>YOGA</b>	 <b>GRAVITY</b>	 <b>YOGA</b>			

