





























COURS COLLECTIFS

LES MILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
9H15			RPM RACE		LES MILLS BODYBALANCE		
9H30	 100% ABDOS 30 MIN						
10H15	 100% RENFO	LES MILLS BODYBALANCE RPM ROAD	 100% STRETCHING MOBILITE	 100% RENFO		LES MILLS BODYBALANCE 10H	
11H00						RPM RACE 11H	RPM RACE 11H
12H30	LES MILLS BODYATTACK 30 MIN  100% ABDOS 15 MIN	LES MILLS sprint 30 MIN	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	RPM RACE  100% RENFO		
15H00		LES MILLS BODYBALANCE					
17H30	RPM ROAD		STEP FREESTYLE				
17H45		 100% ABDOS 30 MIN					
18H30	LES MILLS BODYSTEP	RPM RACE	LES MILLS BODYPUMP	LES MILLS BODYATTACK 30 MIN	 100% ABDOS / MOBILITE RPM ROAD		
19H00		LES MILLS BODYPUMP	LES MILLS sprint 30 MIN	 100% ABDOS 30 MIN			
19H30		RPM RACE		LES MILLS BODYBALANCE 30 MIN RPM RACE			



SMALL GROUP TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15							
10H15						 10H	 10H
12H30							
17H00							
17H30							
18H30							
19H00							
19H30	