

COURS COLLECTIFS

LES MILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	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	RPM RACE	LES MILLS sprint 30 MIN	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	RPM RACE 100% RENFO		
15H00							
17H30	RPM ROAD		STEP FREESTYLE				
17H45		100% ABDOS 30 MIN					
18H30	LES MILLS BODYSTEP	RPM RACE	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT 30 MIN	100% ABDOS / MOBILITE RPM ROAD		
19H00		LES MILLS BODYPUMP		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	GRAVITY PILATES		GRAVITY				
10H15	GRAVITY PILATES			TRX CORE	GRAVITY	GRAVITY ^{10H}	CROSS TRAINING ^{10H}
12H30	GRAVITY	CROSS TRAINING	TRX CORE		YOGA		
17H00				RUNNING			
17H30				PILATES	CROSS TRAINING		
18H30	BOXING TRAINING	CROSS TRAINING PILATES	TRX CORE	GRAVITY			
19H30	YOGA	GRAVITY PILATES	GRAVITY YOGA				

