

















# COURS COLLECTIFS

## LES MILLS

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



# SMALL GROUP TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15							
10H15						 10H	
12H30		<b>CROSS TRAINING</b>					
17H00							
17H15							
17H30					<b>CROSS TRAINING</b>		
18H30		<b>CROSS TRAINING</b> 					
19H30	