































COURS COLLECTIFS

LES MILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15			RPM RACE		LES MILLS BODYBALANCE		
9H30							
10H15	 100% RENFO	RPM ROAD	 100% STRETCHING MOBILITE	 100% RENFO		 100% RENFO 10H	
11H00						RPM RACE	
12H30	RPM RACE	LES MILLS Sprint 30 MIN	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	RPM RACE		
17H30	RPM ROAD	LES MILLS BODYPUMP					
17H45			LES MILLS Sprint 30 MIN				
18H30	LES MILLS BODYSTEP	RPM RACE	LES MILLS BODYPUMP	 LIA STEP FREESTYLE	RPM ROAD		
19H30				RPM RACE			



SMALL GROUP TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15	 PILATES	 CROSS TRAINING	 GRAVITY			 GRAVITY 9H	
10H15	 GRAVITY PILATES			 FUNCTIONAL TRAINING	 GRAVITY		
12H30	 GRAVITY	 GRAVITY PILATES	 FUNCTIONAL TRAINING		 PRÉPA IROX		
17H00				 RUNNING			
17H15	 YOGA						
17H30	 FUNCTIONAL TRAINING	 GRAVITY PILATES		 PILATES	 CROSS TRAINING		
18H30	 BOXING	 CROSS TRAINING  PILATES	 FUNCTIONAL TRAINING	 GRAVITY	 YIN YOGA		
19H30	 YOGA	 GRAVITY	 YOGA	 PRÉPA IROX			

