


Planning de cours collectifs

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h00	LES MILLS BODYPUMP	TOTAL BODY		TOTAL BODY	LES MILLS BODYBALANCE	LES MILLS 9h45 BODYPUMP
10h45	YOGA	PILATES		YOGA		
10h50	LES MILLS RPM					LES MILLS RPM 10h45
12h40	PILOXING	LES MILLS BODYATTACK	12h15	LES MILLS RPM LES MILLS BODYPUMP	Circuit Training	
17h45	TOTAL BODY	YOGA PILATES	LES MILLS BODYPUMP	LES MILLS BODYBALANCE		
18h00					LES MILLS BODYPUMP	
18h30	LES MILLS BODYBALANCE		STEP	LES MILLS BODYATTACK 30'		
18h45		LES MILLS BODYPUMP LES MILLS RPM				
19h00				TOTAL BODY	CROSS TRAINING	
19h15	LES MILLS RPM		LES MILLS RPM			
19h30	 ZUMBA fitness	LES MILLS BODYATTACK	CROSS TRAINING			

