


# Planning de cours collectifs

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h00	LES MILLS <b>BODYPUMP</b>	<b>TOTAL BODY</b>		<b>CAF</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <del>9h45</del> <b>BODYPUMP</b>
10h45	<b>Yoga</b>	<b>Pilates</b>		<b>GYM DOUCE</b>		
10h50	LES MILLS <b>RPM</b>					LES MILLS <b>RPM</b> <del>10h45</del>
12h40	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>RPM</b> <del>12h15</del>	<b>Circuit Training</b>	
17h45	<b>TOTAL BODY</b>	<b>Yoga Pilates</b>		LES MILLS <b>BODYBALANCE</b>		
18h00					LES MILLS <b>BODYPUMP</b>	
18h30	LES MILLS <b>BODYBALANCE</b>		<b>STEP</b>	LES MILLS <b>BODYATTACK</b> <del>30'</del>		
18h45		LES MILLS <b>BODYPUMP</b>				
19h00				<b>CAF</b>	<b>CROSS TRAINING</b>	
19h15	LES MILLS <b>RPM</b>		LES MILLS <b>RPM</b>			
19h30	 <b>ZUMBA</b>	LES MILLS <b>BODYATTACK</b>	<b>CROSS TRAINING</b>			

