

# Planning de cours collectifs

|       | LUNDI                                  | MARDI                                     | MERCREDI                            | JEUDI                                     | VENDREDI                               | SAMEDI                                                                                                   |
|-------|----------------------------------------|-------------------------------------------|-------------------------------------|-------------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------------|
| 10h00 | <b>LES MILLS</b><br><b>BODYPUMP</b>    | <b>TOTAL<br/>BODY</b>                     |                                     | <b>TOTAL<br/>BODY</b>                     | <b>LES MILLS</b><br><b>BODYBALANCE</b> | <b>LES MILLS</b><br><b>BODYPUMP</b> 9h45                                                                 |
| 10h45 | <b>YOGA</b>                            | <b>PILATES</b>                            |                                     | <b>YOGA</b>                               |                                        | <b>LES MILLS</b><br><b>RPM</b>                                                                           |
| 10h50 | <b>LES MILLS</b><br><b>RPM</b>         |                                           |                                     |                                           |                                        |                                                                                                          |
| 12h40 | <b>LES MILLS</b><br><b>BODYATTACK</b>  | <b>LES MILLS</b><br><b>BODYPUMP</b>       |                                     | <b>LES MILLS</b><br><b>RPM</b> 12h30      | <b>Circuit<br/>Training</b>            |                                                                                                          |
| 17h45 | <b>TOTAL<br/>BODY</b>                  | <b>LES MILLS</b><br><b>BODYBALANCE</b>    | <b>LES MILLS</b><br><b>BODYPUMP</b> | <b>YOGA<br/>PILATES</b>                   |                                        |                                                                                                          |
| 18h00 |                                        |                                           |                                     |                                           | <b>LES MILLS</b><br><b>BODYPUMP</b>    |                                                                                                          |
| 18h30 | <b>LES MILLS</b><br><b>BODYBALANCE</b> | <b>LES MILLS</b> 30'<br><b>BODYATTACK</b> | <b>STEP</b>                         | <b>LES MILLS</b> 30'<br><b>BODYATTACK</b> |                                        |  FITNESSFORME_LUCON |
| 18h45 |                                        |                                           |                                     |                                           |                                        |  FITNESS FORME      |
| 19h00 |                                        | <b>LES MILLS</b><br><b>BODYPUMP</b>       |                                     | <b>TOTAL<br/>BODY</b>                     | <b>CROSS<br/>TRAINING</b>              |  fitnessforme85.com |
| 19h15 | <b>LES MILLS</b><br><b>RPM</b>         |                                           | <b>LES MILLS</b><br><b>RPM</b>      |                                           |                                        |                                                                                                          |
| 19h30 | <b>TOTAL<br/>BODY</b>                  |                                           | <b>CROSS<br/>TRAINING</b>           |                                           |                                        |                                                                                                          |



02.51.56.14.85  
06.44.30.61.66