
































ENSEMBLE ATTEIGNONS VOS OBJECTIFS

PLANNING FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 - 10H30	 STEP FREESTYLE	 CAF	 LES MILLS BODYPUMP LES MILLS RPM	 TREKKE	 SWISS BALL	 LES MILLS BODYPUMP 09H00 - 10H00
10H30 - 11H30	 ZUMBA LES MILLS RPM	 CIRCUIT TRAINING	 PILATES	 CAF	 LES MILLS BODYPUMP	 LES MILLS RPM 10H00 - 10H45
12H30 - 13H30	 CAF	 PILATES	 LES MILLS RPM	 LES MILLS BODYPUMP	 CAF LES MILLS RPM	
17H30 - 18H30	 LES MILLS BODYCOMBAT	 TREKKE	 SWISS BALL	 LES MILLS BODYPUMP	 CAF LES MILLS RPM	
18H30 - 19H30	 LES MILLS BODYPUMP LES MILLS RPM	 LES MILLS BODYATTACK	 LES MILLS BODYCOMBAT LES MILLS RPM	 ZUMBA	 YOGA	
19H30 - 20H30	 CAF	 LES MILLS BODYPUMP LES MILLS RPM	 TREKKE	 STEP FREESTYLE		