PLANNING COURS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H00	CORE 30′	PILATES 45′ / RPM 45′	BODYPUMP 45′	STRETCHING 45′	CORE 30′	BODY BALANCE 55′ / RPM 45′	CORE 30′
11H00	BODY BALANCE 55′ / RPM 45′	BODYATTACK 45′	CORE 30′ / RPM 45′	RPM 45′ / SH' BAM 45′	BODY PUMP 45′ / RPM 45′	BODYPUMP 45′	BODY BALANCE 55′ / RPM 45′
12H30	BODY PUMP 45′ / RPM 45′	RPM 45′ / BODY BALANCE 55′	BODYATTACK 45′	BODY PUMP 45′ / RPM 45′	CORE 30′	CORE 30′	LesMills COURS CINÉMA
17H30	BODY PUMP 45′ / RPM 45′	CORE 30′ / RPM 45′	RPM 45′ / BODY BALANCE 55′	CORE 30′	BODYPUMP 45′	LesMills	
18H30	BODYATTACK 45′	SH' BAM 45′ / RPM 45′	BODYPUMP 45′	STEP 45′	RPM 45′ / CORE 30′	LesMills	
19H30	RPM 45′ / CORE 30′	BODY PUMP 45′ / RPM 45′	CORE 30′ / RPM 45′	PILATES 45′ / RPM 45′	STRET CHING 45′ / RPM 45′	LesMills	