

PLANNING

STUDIO HBX

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H30			TRX MOVE				
10H30			HBX BOXING		TRX YOGA		
11H30						LES MILLS GRIT STRENGTH	
12H30	LES MILLS GRIT SERIES	LES MILLS BODYBALANCE	TRX MOVE	LES MILLS GRIT SERIES	HBX BOXING		
13H00							
18H00	LES MILLS GRIT ATHLETIC	HBX BOXING	TRX MOVE	LES MILLS GRIT CARDIO			
18H45	HBX BOXING	LES MILLS GRIT CARDIO	LES MILLS GRIT SERIES	TRX MOVE	TRX YOGA		
19H30	LES MILLS sprint	LES MILLS GRIT STRENGTH	HBX BOXING	LES MILLS GRIT ATHLETIC			

PLANNING

FITNESS LESMILLS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

9H30	LES MILLS BODYBALANCE	LES MILLS RPM	PILATES	LES MILLS BODYATTACK	LES MILLS RPM	LES MILLS BODYPUMP	
10H30	CROSS TRAINING	ABDOS FESSIERS 30'	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS RPM		
11H15					STRETCH		
12H30	LES MILLS RPM	LES MILLS BODYATTACK	100% RENFO CARDIO	LES MILLS sprint	LES MILLS BODYPUMP		
17H45	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS sprint	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	ABDOS FESSIERS
18H45	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	FIT dance	LES MILLS BODYATTACK	LES MILLS RPM	LES MILLS RPM	
19H30	LES MILLS BODYCOMBAT	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE			

PLANNING HYDRO FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H45 - 10H30	HYDRO TONIC	HYDRO BOXE	HYDRO BIKE	HYDRO BALANCE	HYDRO PUMP	ACCES BASSIN 9H15 - 10H00	ACCES BASSIN 9H30 - 12H15
10H30 - 11H15	HYDRO BIKE	HYDRO CARDIO	HYDRO TRAINING	HYDRO BIKE	HYDRO BIKE	10H00 - 10H45	
	ACCES BASSIN 11H15 - 12H45					HYDRO TRAINING	
12H45 - 13H30	HYDRO TRAINING	HYDRO BIKE	HYDRO TONIC	HYDRO PUMP	HYDRO BOXE	10H45 - 11H30 HYDRO BIKE	ACCES BASSIN 14H15 - 16H30
13H30 - 17H45	ACCES BASSIN 13H30 - 17H45	ACCES BASSIN 13H30 - 15H30 15H30 - 16H15 HYDRO GYM	ACCES BASSIN 13H30 - 17H00	ACCES BASSIN 13H30 - 17H45		ACCES BASSIN 11H30 - 13H30	
		ACCES BASSIN 16H15 - 17H45	17H00 - 17H45 APPRENTISSAGE COLLECTIF ENFANTS			13H30 - 14H15 APPRENTISSAGE COLLECTIF ENFANTS	
						ACCES BASSIN 14H15 - 16H30	
17H45 - 18H30	HYDRO TRAINING	HYDRO BIKE	HYDRO PUMP	HYDRO CARDIO	HYDRO TONIC		
18H30 - 19H15	HYDRO BIKE	HYDRO TONIC	HYDRO BIKE	HYDRO BOXE	ACCES BASSIN 18H30 - 20H15		
19H15 - 20H00	HYDRO PUMP	ACCES BASSIN 19H15 - 20H15					

PLANNING PRESENCES COACHS PLATEAU CARDIO MUSCULATION

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9h30/12h00
**Rosario/
Aurélie**

9h30/12h00
Rosario

9h30/12h00
**1 semaine
sur 2
Rosario**

9h30/12h00
Rosario

9h30/15h15
**Laurent/
Nolwenn**

Les RDV coaches 30 minutes sont compris dans votre abonnement
-Pour établir un programme
-Pour des conseils
-Pour l'utilisation du matériel

17h15/20h15
David

17h15/20h15
David

17h15/20h15
David

17h15/20h15
David

15h15/17h30
Laurent

15h15/17h30
Laurent