

# PLANNING

## STUDIO HBX

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

LES MILLS  
BODYBALANCE

100% RENFO CARDIO

LES MILLS  
BODYPUMP

17H45

LES MILLS  
RPM

LES MILLS  
BODYPUMP

LES MILLS  
RPM

LES MILLS  
BODYPUMP

LES MILLS  
RPM

ABDOS  
FESSIERS

18H45

LES MILLS  
BODYPUMP

LES MILLS  
BODYBALANCE

LES MILLS  
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

	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 PUMP	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	
13H30 - 17H45	ACCES BASSIN 13H30 - 17H45	ACCES BASSIN 13H30 - 15H30	ACCES BASSIN 13H30 - 17H00	ACCES BASSIN 13H30 - 17H45		ACCES BASSIN 11H30 - 13H30	
		15H30 - 16H15				13H30 - 14H15	
		HYDRO GYM	17H00 - 17H45			APPRENTISSAGE COLLECTIF ENFANTS	
		ACCES BASSIN 16H15 - 17H45	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			
19H15 - 20H00	HYDRO PUMP	ACCES BASSIN 19H15 - 20H15				ACCES BASSIN 18H30 - 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

17h15/20h15  
David

17h15/20h15  
David

17h15/20h15  
David

17h15/20h15  
David

15h15/17h30  
Laurent

15h15/17h30  
Laurent

Les RDV coachs 30 minutes sont compris dans votre abonnement

- Pour établir un programme
- Pour des conseils
- Pour l'utilisation du matériel