

PLANNING

STUDIO HBX

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

9H30

10H30

11H30

12H30

18H00

18H30

18H45

19H00

19H30

		TRX MOVE			
				TRX YOGA	TRX
					LES MILLS GRIT STRENGTH
LES MILLS GRIT SERIES	LES MILLS BODYBALANCE	TRX MOVE	LES MILLS sprint LES MILLS GRIT SERIES	HBX BOXING	
LES MILLS GRIT ATHLETIC	LES MILLS sprint	TRX MOVE	LES MILLS GRIT STRENGTH		
	HBX BOXING		TRX MOVE		
HBX BOXING		LES MILLS GRIT SERIES		TRX YOGA	
	LES MILLS GRIT CARDIO				
LES MILLS sprint	LES MILLS GRIT STRENGTH	HBX BOXING	LES MILLS GRIT ATHLETIC		

PLANNING

FITNESS LESMILLS

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI

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 FUEL	LES MILLS BODYBALANCE		LES MILLS RPM
11H15					STRETCH	
12H30	LES MILLS RPM	LES MILLS BODYATTACK	100% RENFO CARDIO		LES MILLS BODYPUMP	
17H45	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS 30' BODYPUMP	LES MILLS RPM	LES MILLS RPM	ABDOS FESSIERS
18H45	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS DANCE	LES MILLS BODYATTACK	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
9H15		HYDRO BOXE		HYDRO TRAINING	HYDRO PUMP	ACCES BASSIN 9H15 - 10H00	ACCES BASSIN 9H30 - 12H15
9H45	HYDRO TONIC		HYDRO BIKE				
10H00		HYDRO CARDIO		HYDRO BIKE	HYDRO BIKE	10H00 - 10H45 HYDRO TRAINING	
10H30	HYDRO BIKE		HYDRO PUMP				
10H45		HYDRO BIKE		HYDRO TONIC	HYDRO CARDIO	10H45 - 11H30 HYDRO BIKE	
ACCES BASSIN 11H15 - 12H45							
12H45	HYDRO TRAINING	HYDRO BIKE	HYDRO TONIC	HYDRO PUMP	HYDRO BOXE	ACCES BASSIN 11H30 - 16H30	
	ACCES BASSIN 13H30 - 17H45	ACCES BASSIN 13H30 - 15H30 15H30 - 16H15 CRÉNEAU PRIVÉ ACCES BASSIN 16H15 - 17H45	ACCES BASSIN 13H30 - 17H45	ACCES BASSIN 13H30 - 17H45			
17H45	HYDRO TRAINING	HYDRO BIKE	HYDRO PUMP	HYDRO CARDIO	HYDRO TONIC		
18H30	HYDRO BIKE	HYDRO TONIC	HYDRO BIKE	HYDRO BOXE			
19H15	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