

PLANNING

STUDIO HBX

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

9H30

10H30

11H30

12H30

18H00

18H30

18H45

19H00

19H30

TRX MOVE

TRX YOGA

LES MILLS
GRIT | STRENGTH

LES MILLS
GRIT | SERIES

LES MILLS
BODYBALANCE

TRX MOVE

LES MILLS
sprint | 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 10H45 - 11H30 HYDRO BIKE	
10H30	HYDRO CARDIO		HYDRO PUMP				
10H45		HYDRO BIKE		HYDRO TONIC	HYDRO CARDIO		
	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	ACCES BASSIN 13H30 - 17H45	ACCES BASSIN 13H30 - 17H45			
		15H30 - 16H15 CRÉNEAU PRIVÉ					
		ACCES BASSIN 16H15 - 17H45					
17H45	HYDRO TRAINING	HYDRO BIKE	HYDRO PUMP	HYDRO CARDIO	HYDRO TONIC		
18H30	HYDRO BIKE	HYDRO TONIC	HYDRO BIKE	HYDRO BOXE		ACCES BASSIN 18H30 - 20H15	
19H15	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

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