

PLANNING STUDIO HBX

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30			TRX MOVE			
10H30					TRX YOGA	TRX
11H30						LES MILLS GRIT STRENGTH
12H30	LES MILLS GRIT SERIES	LES MILLS BODYBALANCE	TRX MOVE	sprint LES MILLS GRIT SERIES	HBX BOXING	
18H00	LES MILLS GRIT ATHLETIC	sprint 17h45-18h45 TRAINING SPECIALE FEMME	TRX MOVE 17h30-18h30 TRAINING MUSCULATION	17h30-18h30 TRAINING EMOM		
18H30	HBX BOXING	HBX BOXING	LES MILLS GRIT SERIES	TRX MOVE	TRX YOGA	
19H00		LES MILLS GRIT CARDIO				
19H30	sprint	LES MILLS GRIT STRENGTH	HBX BOXING	LES MILLS GRIT SERIES		

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

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
BODYPUMP

LES MILLS
RPM

LES MILLS
RPM

ABDOS
FESSIERS

18H30

LES MILLS
RPM

LES MILLS
BODYPUMP

LES MILLS
BODYBALANCE

LES MILLS
DANCE

LES MILLS
BODYATTACK

LES MILLS
RPM

19H15

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		
9H45	HYDRO TONIC		HYDRO BIKE			ACCES BASSIN 9H15 - 10H00	ACCES BASSIN 9H30 - 12H15
10H00		HYDRO CARDIO		HYDRO BIKE	HYDRO BIKE		
10H30	HYDRO CARDIO		HYDRO PUMP			10H00 - 10H45 HYDRO TRAINING	
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 13H30 - 17H45	ACCES BASSIN 13H30 - 15H30 15H30 - 16H15 CRÉNEAU PRIVÉ ACCES BASSIN 16H15 - 17H45	ACCES BASSIN 13H30 - 17H45	ACCES BASSIN 13H30 - 17H45		ACCES BASSIN 11H30 - 16H30	
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 coaches 30 minutes sont compris dans votre abonnement
-Pour établir un programme
-Pour des conseils
-Pour l'utilisation du matériel