

PLANNING STUDIO HBX

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9H30

10H00

10H30

11H30

12H30

18H00

18H30

19H00

19H30

		TRX MOVE				
		TRX YOGA				
				TRX YOGA		
					LES MILLS GRIT STRENGTH	
LES MILLS GRIT SERIES	LES MILLS BODYBALANCE	TRX MOVE	LES MILLS GRIT SERIES	HBX BOXING		
LES MILLS GRIT ATHLETIC	LES MILLS sprint 17h45-18h45 TRAINING SPECIALE FEMME	LES MILLS Shapes 17h30-18h30 TRAINING MUSCULATION	17h30-18h30 TRAINING EMOM			
HBX BOXING	LES MILLS GRIT CARDIO 18h45-19h45 TRAINING SPECIALE FEMME	TRX MOVE	LES MILLS Shapes			
	HBX BOXING			TRX YOGA		
TRX MOVE	LES MILLS GRIT STRENGTH	TRX YOGA	LES MILLS GRIT SERIES			

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

CARDIOX

LES MILLS
Shapes

LES MILLS
BODYPUMP

LES MILLS
BODYBALANCE

LES MILLS
Shapes

LES MILLS
RPM

11H15

STRETCH

12H30

LES MILLS
RPM

LES MILLS
BODYATTACK

CARDIOX

LES MILLS
sprint

LES MILLS
BODYPUMP

PILATES

17H45

CARDIOX

LES MILLS
RPM

LES MILLS 30'
BODYPUMP

LES MILLS
RPM

LES MILLS
BODYPUMP

LES MILLS
RPM

LES MILLS
RPM

LES MILLS
Shapes

18H30

LES MILLS
RPM

LES MILLS
BODYPUMP

LES MILLS
BODYBALANCE

LES MILLS
DANCE

LES MILLS
BODYATTACK

LES MILLS
RPM

19H15

LES MILLS
sprint

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 - 9h30	ACCES BASSIN 9H30 - 12H15
9H45	HYDRO TONIC		HYDRO BIKE				
10H00		HYDRO TRAINING		HYDRO BIKE	HYDRO BIKE		
10H30	HYDRO TRAINING		HYDRO PUMP			9h30 - 10H15 HYDRO TRAINING	
10H45		HYDRO BIKE		HYDRO TONIC	HYDRO TRAINING	10H15 - 11H00 HYDRO BIKE	
	ACCES BASSIN 11H15 - 12H45						
12H45	HYDRO TRAINING	HYDRO BIKE	HYDRO TONIC	HYDRO FAC	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 SHAPES	18h00 - 18h30 HYDRO SPEED	HYDRO FAC	HYDRO PUMP	HYDRO SHAPES		
18H30	HYDRO BIKE	HYDRO SHAPES	HYDRO SPEED	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