

PLANNING STUDIO HBX

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

9H30

TRX MOVE

10H00

TRX YOGA

10H30

TRX YOGA

11H30

LES MILLS
GRIT | STRENGTH

12H30

LES MILLS
GRIT | SERIES

LES MILLS
BODYBALANCE

TRX MOVE

LES MILLS
GRIT | SERIES

TRAINING

18H00

LES MILLS
GRIT | ATHLETIC

sprint

17h45-18h45
TRAINING
SPECIALE FEMME

LES MILLS
Shapes

17h30-18h30
TRAINING
MUSCULATION

17h30-18h30
TRAINING EMOM

18H30

HBX BOXING

GRIT | CARDIO

18h45-19h45
TRAINING
SPECIALE FEMME

TRX MOVE

LES MILLS
Shapes

19H00

HBX BOXING

TRX YOGA

19H30

TRX MOVE

LES MILLS
GRIT | STRENGTH

HBX BOXING

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 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