

PLANNING STUDIO HBX

STUDIO HBX

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

9H30

TRX MOVE

10H00

TRX YOGA

10H30

TRX YOGA

12H30

LES MILLS
GRIT | SERIES

TRX MOVE

LES MILLS
GRIT SERIES *sprint*

PILATES

18H00

LES MILLS
GRIT | ATHLETIC

sprint

17h45-18h45
TRAINING
SPECIALE FEMME

LES MILLS
Shapes

17h30-18h30
TRAINING
MUSCULATION

17h30-18h30
TRAINING EMOM

18H30

LES MILLS
GRIT | CARDIO

18h45-19h45
TRAINING
SPECIALE FEMME

18H45

HBX BOXING

TRX MOVE

LES MILLS
Shapes

TRX YOGA

19H00

HBX BOXING

19H30

sprint

LES MILLS
GRIT | STRENGTH

HBX BOXING

LES MILLS
GRIT | SERIES

PLANNING LESMILLS

FITNESS LESMILLS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

9H30

**LESMILLS
BODYBALANCE**

**LESMILLS
RPM**

PILATES

**LESMILLS
BODYATTACK**

**LESMILLS
RPM**

**LESMILLS 1h'
BODYPUMP**

10H30

**LESMILLS
Shapes**

**LESMILLS
BODYPUMP**

**LESMILLS
BODYBALANCE**

**LESMILLS
Shapes**

**LESMILLS
RPM**

11H15

STRETCH

12H30

**LESMILLS
RPM**

**LESMILLS
BODYATTACK**

**LESMILLS
BODYPUMP**

17H45

**LESMILLS
RPM**

**LESMILLS
BODYPUMP**

**LESMILLS
RPM**

**LESMILLS
BODYPUMP**

**LESMILLS
RPM**

**LESMILLS
Shapes**

18H45

**LESMILLS
RPM**

**LESMILLS 1h'
BODYPUMP**

**LESMILLS
BODYBALANCE**

**LESMILLS
DANCE**

**LESMILLS
BODYATTACK**

19H15

**LESMILLS
RPM**

19H30

**LESMILLS
BODYPUMP**

**LESMILLS
BODYBALANCE**

PLANNING HYDRO FITNESS

HYDRO FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15	HYDRO TONIC	HYDRO BOXE		HYDRO TRAINING	HYDRO PUMP		
9H45			HYDRO BIKE			ACCES BASSIN 9H15 - 9h30	ACCES BASSIN 9H30 - 12H15
10H00	HYDRO PUMP	HYDRO TRAINING		HYDRO TONIC	HYDRO BIKE		
10H30			HYDRO PUMP			9h30 - 10H15 HYDRO SHAPES	
10H45	HYDRO BIKE	HYDRO BIKE		HYDRO BIKE	HYDRO TRAINING	10H15 - 11H00 HYDRO BIKE	
	ACCES BASSIN 11H30 - 12H45						
12H45	HYDRO TRAINING	HYDRO BIKE	HYDRO TONIC	HYDRO FAC	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 SHAPES	HYDRO SPEED	HYDRO FAC	HYDRO PUMP	HYDRO SHAPES		
18H30	HYDRO BIKE	HYDRO SHAPES	HYDRO SPEED	HYDRO BOXE			
19H15	ACCES BASSIN 19H15 - 20H00				ACCES BASSIN 18H30 - 20H00		



PLANNING HYROX

HYROX TRAINING CLUB

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H30				HYROX			
10H30	HYROX						
11H30						HYROX	
12H30			HYROX		HYROX		
17H45	HYROX		HYROX				
18H45				HYROX	HYROX		
19H15							
19H30	HYROX						

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**

**Les RDV coaches 30
minutes sont compris
dans votre abonnement**
**-Pour établir un
programme**
-Pour des conseils
**-Pour l'utilisation du
matériel**

15h15/17h30
Laurent

15h15/17h30
Laurent

17h15/20h15
David

17h15/20h15
David

17h15/20h15
David

17h15/20h15
David