

PLANNING STUDIO HBX

STUDIO HBX

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

9H30

10H00

10H30

12H30

18H00

18H30

18H45

19H00

19H30

			TRX MOVE		
			TRX YOGA		
					TRX YOGA
	LES MILLS GRIT SERIES		TRX MOVE	LES MILLS GRIT SERIES <i>sprint</i>	PILATES
	LES MILLS GRIT ATHLETIC	<i>sprint</i> 17h45-18h45 TRAINING SPECIALE FEMME	LES MILLS Shapes 17h30-18h30 TRAINING MUSCULATION		
		LES MILLS GRIT CARDIO 18h45-19h45 TRAINING SPECIALE FEMME			
	HBX BOXING LES MILLS <i>sprint</i>		TRX MOVE	LES MILLS Shapes	TRX YOGA
		HBX BOXING			
		LES MILLS GRIT STRENGTH	HBX BOXING		

PLANNING LESMILLS

FITNESS LESMILLS & HYROX

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 1h' BODYPUMP	LESMILLS BODYBALANCE	LESMILLS DANCE	LESMILLS BODYATTACK		
19H30		LESMILLS RPM	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	
10H45	HYDRO BIKE	HYDRO BIKE		HYDRO BIKE	HYDRO TRAINING	HYDRO SHAPES 10H15 - 11H00	
	ACCES BASSIN 11H30 - 12H45					HYDRO BIKE	
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							
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

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