PLANNING STUDIO HBX & HYROX

STUDIO HBX & HYROX

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30			TRX MOVE	HYROX		
10H30	HYROX		10h00-10h30 TRX YOGA		TRX YOGA	
11H15						HYROX
12H30	HIIT		TRX MOVE / HYROX	HIIT BIKE	HYROX	
17H45	HYROX	TRAINING SPECIALE FEMME	HYROX / 17h30-18h30 TRAINING MUSCULATION	TRX MOVE		
18H45	HBX BOXING	TRAINING SPECIALE FEMME		HYROX	HYROX / TRX YOGA	
19H30			45min' HBX BOXING			

PLANNING

LESMILLS

FITNESS LESMILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30	LesMills PILATES	LesMills RPM	PILATES	LesMills BODYATTACK	LesMills RPM	9h15-10h00 LesMills BODYPUMP HEAVY
10H30		LesMills Shapes	LesMills BODYPUMP	LesMills BODYBALANCE	LesMills Shapes	10h15-11h00 LesMills RPM
11H15					STRETCH	
12H30	LesMills RPM	LesMills BODYATTACK / LesMills BODYBALANCE		LesMills BODYPUMP HEAVY	LesMills BODYPUMP / PILATES	
17H45	LesMills PILATES / LesMills RPM	LesMills BODYPUMP HEAVY	LesMills PILATES / LesMills RPM	LesMills BODYPUMP	LesMills RPM / LesMills Shapes	
18H45	LesMills Shapes / LesMills BODYPUMP	LesMills BODYBALANCE	LesMills BODYPUMP HEAVY / LesMills DANCE	LesMills BODYATTACK / LesMills Shapes		
19H30	19h45-20h15 STRETCH 30min'	LesMills RPM 30min'	LesMills 30min' Shapes	LesMills 30min' BODYBALANCE		

PLANNING HYDRO FITNESS

HYDRO FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15	HYDRO TONIC	HYDRO BOXE		HYDRO TRAINING	HYDRO PUMP	ACCES BASSIN 9H15 - 9h30	ACCES BASSIN 9H30 - 12H15
9H45			HYDRO BIKE				
10H00	HYDRO PUMP	HYDRO TRAINING		HYDRO SHAPES	HYDRO BIKE		
10H30			HYDRO PUMP			9h30 - 10H15 HYDRO SHAPES	
10H45	HYDRO BIKE	HYDRO BIKE		HYDRO BIKE	HYDRO TRAINING	10H15 - 11H00 HYDRO BIKE	
	ACCES BASSIN / APPRENTISSAGE 11H30 - 12H45						
12H45	HYDRO TRAINING	HYDRO BIKE	HYDRO TONIC	HYDRO CONCEPTE 360	HYDRO BOXE	ACCES BASSIN Cours Indiv / Collectif sur réservation 11H30 - 16H30	
	ACCES BASSIN 13H30 - 17H45	ACCES BASSIN 13H30 - 15H30 15H30 - 16H15 HYDRO ZEN ACCES BASSIN 16H15 - 17H45	ACCES BASSIN 13H30 - 17H45	ACCES BASSIN 13H30 - 17H45			
17H45	HYDRO SHAPES	HYDRO BIKE	HYDRO FAC	HYDRO TRAINING	HYDRO SHAPES		
18H30	HYDRO BIKE	HYDRO SHAPES	HYDRO BIKE	HYDRO BOXE	ACCES BASSIN 18H30 - 20H00		
19H15	ACCES BASSIN 19H15 - 20H00						

CARDIO & MUSCU

FITNESS LESMILLS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h30-12h00 ROSARIO	9h30-12h00 ROSARIO	10h30-12h00 LAURENT	9h30-12h00 ROSARIO	9h30-10h00 LAURENT
15h30-17h00 AURÉLIE & ROSARIO 17h00-20h00 DAVID	16h00-17h00 ROSARIO	13h30-15h00 NOLWENN 15h30-17h00 LAURENT 16h00-17h00 ROSARIO 19h00-20h00 DAVID	15h30-17h00 AURÉLIE & ROSARIO 17h00-20h00 DAVID	13h30-15h00 NOLWENN 14h30-17h00 AURÉLIE 15h30-17h00 LAURENT