



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 Shapes
18H45	LESMILLS Shapes	LESMILLS BODYPUMP	LESMILLS BODYBALANCE	LESMILLS BODYPUMP HEAVY	LESMILLS DANCE	LESMILLS BODYATTACK
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		
9H45			HYDRO BIKE			ACCES BASSIN 9H15 - 9h30	ACCES BASSIN 9H30 - 12H15
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 13H30 - 17H45	ACCES BASSIN 13H30 - 15H15 15H15 - 16H00 HYDRO CONCEPTE 360 ACCES BASSIN 16H15 - 17H45	ACCES BASSIN 13H30 - 17H45	ACCES BASSIN 13H30 - 17H45		ACCES BASSIN Cours Indiv / Collectif sur réservation 11H30 - 16H30	
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
		13h30-15h00 NOLWENN		13h30-15h00 NOLWENN
15h30-17h00 AURÉLIE & ROSARIO 17h00-20h00 DAVID	16h00-17h00 ROSARIO	15h30-17h00 LAURENT 16h00-17h00 ROSARIO	15h30-17h00 AURÉLIE & ROSARIO 17h00-20h00 DAVID	14h30-17h00 AURÉLIE 15h30-17h00 LAURENT
		19h00-20h00 DAVID		