

# Planning cours collectifs

Du 19 au 25 juillet 2021

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Ouverture 9h30	Ouverture 9h30		Ouverture 9h30	Ouverture 9h30	Ouverture 8h30	Ouverture 8h30
9h45-10h15 Studio 2 <b>HBX MOVE</b>	9h45-10h45 Studio 1 <b>LES MILLS BODYBALANCE</b>	9h45-10h15 Studio 2 <b>HBX MOVE</b>		9h45-10h45 Studio 1 <b>LES MILLS BODYBALANCE</b>		
			10h-10h45 Studio 2 <b>HBX MOVE</b>		10h-11h Studio 1 <b>LES MILLS BODYPUMP</b>	10h-10h45 Cycling Studio <b>LES MILLS THE TRIP</b>
10h30-11h15 Cycling Studio <b>LES MILLS RPM Vidéo</b>		10h30-11h Cycling Studio <b>LES MILLS sprint Vidéo</b> 10h30-11h15 Studio 1 <b>STRETCH-RELAX</b>				
	11h-11h45 Cycling Studio <b>LES MILLS THE TRIP</b>		11h-11h45 Cycling Studio <b>LES MILLS THE TRIP</b> 11h-12h Hitbox <b>PILATES</b>	11h-11h45 Cycling Studio <b>LES MILLS THE TRIP</b>	11h-12h Cycling Studio <b>LES MILLS RPM</b>	11h-11h30 Studio 2 <b>HBX MOVE</b>
					11h15-12h15 Studio 1 <b>LES MILLS BODYBALANCE</b>	
						11h45-12h30 Studio 1 <b>STRETCH-RELAX</b>
12h30-13h Hitbox <b>HBX FUSION</b>	12h30-13h Studio 1 <b>CROSS TRAINING</b>	12h30-13h15 Cycling Studio <b>LES MILLS THE TRIP</b>	12h30-13h15 Cycling Studio <b>LES MILLS RPM Vidéo</b>			
12h30-13h15 Cycling Studio <b>LES MILLS THE TRIP</b>						
					Fermeture 13h	Fermeture 13h
		18h-18h30 Hitbox <b>HBX FUSION</b>		18h-18h30 Studio 2 <b>LES MILLS GRIT ATHLETIC</b>		
	18h15-19h15 Hitbox <b>PILATES</b>		18h15-18h45 Cycling Studio <b>LES MILLS sprint Vidéo</b>			
18h30-19h15 Cycling Studio <b>LES MILLS THE TRIP</b>	18h30-19h Studio 2 <b>HBX MOVE</b>	18h30-19h15 Cycling Studio <b>LES MILLS THE TRIP</b>		18h30-19h15 Studio 1 <b>CROSS TRAINING</b>		
18h30-19h Hitbox <b>HBX FUSION</b>						
18h45-19h15 Studio 1 <b>LES MILLS GRIT STRENGTH</b>		18h45-19h30 Studio 1 <b>LES MILLS BODYPUMP</b>	18h45-19h15 Studio 1 <b>LES MILLS GRIT CARDIO</b>	18h45-19h30 Cycling Studio <b>LES MILLS THE TRIP</b>		
	19h-19h45 Cycling Studio <b>LES MILLS RPM Vidéo</b>					
19h15-20h15 Studio 1 <b>LES MILLS BODYPUMP</b>	19h15-20h15 Studio 1 <b>LES MILLS BODYATTACK</b>		19h15-20h15 Studio 1 <b>LES MILLS BODYJAM</b>	19h15-20h Studio 1 <b>LES MILLS BODYBALANCE</b>		
		19h30-20h30 Cycling Studio <b>LES MILLS RPM</b>	19h30-20h15 Cycling Studio <b>LES MILLS THE TRIP</b>			
Fermeture 21h	Fermeture 21h		Fermeture 21h	Fermeture 21h		