

Planning cours collectifs

Du 26 juillet au 1^{er} août 2021

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