

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
09H15	LES MILLS BODYATTACK 45 MIN	LES MILLS BODYBALANCE 45 MIN	* CHALLENGE TRANSFORMATION 45 MIN	PILATES 45 MIN		* CHALLENGE TRANSFORMATION 45 MIN	LES MILLS BODYPUMP 55 MIN
10H15						* H Y R O X 55 MIN	LES MILLS BODYBALANCE 45 MIN
12H15	LES MILLS BODYPUMP 45 MIN	* H Y R O X 55 MIN		LES MILLS BODYATTACK 45 MIN			
18H00	LES MILLS BODYCOMBAT 55 MIN	LES MILLS BODYBALANCE 45 MIN	LES MILLS BODYPUMP 45 MIN	* H Y R O X 45 MIN	* H Y R O X 55 MIN		
18H45		LES MILLS BODYATTACK 45 MIN	LES MILLS BODYCOMBAT 45 MIN	* CHALLENGE TRANSFORMATION 45 MIN			
19H00							
19H30	* H Y R O X 55 MIN	CAF IMPACT 45 MIN	* CHALLENGE TRANSFORMATION 45 MIN	LES MILLS BODYPUMP 45 MIN			

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09H15	CHALLENGE TRANSFORMATION 45 MIN		LESMILLS RPM 45 MIN		CHALLENGE TRANSFORMATION 45 MIN	BIKING 45 MIN
10H15	HBX move 45 MIN					
12H15		LESMILLS sprint 30 MIN	CROSS TRAINING 45 MIN		HBX move 45 MIN	
18H00	HBX move 45 MIN	HBX move 30 MIN	BOXE TRAINING 55 MIN	LESMILLS GRIT STRENGTH 30 MIN		
18H30		LESMILLS GRIT STRENGTH 30 MIN		LESMILLS RPM 45 MIN		
18H45	CHALLENGE TRANSFORMATION 45 MIN			HBX move 45 MIN		
19H15	LESMILLS sprint 30 MIN	LESMILLS RPM 45 MIN	CROSS TRAINING 45 MIN		FIT BOXING 45 MIN	