



# PLANNING COURS

## PLANNING DES COURS COLLECTIFS

**ESPACE FORME**

		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
							9H30 10H00	9H30 10H30
9H15	SALLE BAS	LESMILLS BODYATTACK	LESMILLS BODYCOMBAT		LESMILLS SH'BAM	FITNESSPILATES		LESMILLS BODYATTACK
10H15	SALLE BAS		10H15 10H45 CX ABDOS				BODY ZEN	LESMILLS BODYPUMP
10H30	SALLE HAUT	LESMILLS RPM	11H00 12H00 LESMILLS RPM					
18H30	SALLE BAS	LESMILLS BODYATTACK	LESMILLS SH'BAM	ZUMBA	STEP SIMPLE	18H15 19H15 LESMILLS BODYPUMP		
18H30	SALLE HAUT	18H00 19H00 LESMILLS RPM		LESMILLS RPM				
19H30	SALLE BAS	LESMILLS BODYPUMP	FITNESSPILATES	LESMILLS BODYCOMBAT	LESMILLS BODYATTACK	LESMILLS BODYCOMBAT		
19H30	SALLE HAUT	19H00 20H00 LESMILLS RPM				LESMILLS RPM		

