


# Planning de cours collectifs

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h00	LES MILLS <b>BODYPUMP</b>	<b>TOTAL BODY</b>		<b>TOTAL BODY</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>9h45</b> <b>BODYPUMP</b>
10h45	<b>YOGA</b>			<b>YOGA PILATES</b>		
10h50	LES MILLS <b>RPM</b>					LES MILLS <b>RPM</b> <b>10h45</b>
12h40	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>RPM</b> <b>12h15</b>	<b>Circuit Training</b>	
17h45	<b>TOTAL BODY</b>	<b>YOGA PILATES</b>		LES MILLS <b>BODYBALANCE</b>		
18h00					LES MILLS <b>BODYPUMP</b>	
18h30	LES MILLS <b>BODYBALANCE</b>		<b>STEP</b>	LES MILLS <b>BODYATTACK</b> <b>30'</b>		
18h45		LES MILLS <b>BODYPUMP</b>				
19h00				<b>TOTAL BODY</b>	<b>CROSS TRAINING</b>	
19h15	LES MILLS <b>RPM</b>		LES MILLS <b>RPM</b>			
19h30	 <b>ZUMBA</b>	LES MILLS <b>BODYATTACK</b>	<b>CROSS TRAINING</b> <b>20h00</b>			

