

PLANNING DES COURS **STUDIO 2 - RPM**

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
12h20 (45') LES MILLS RPM		14h30 (45') LES MILLS RPM	11h40 (45') LES MILLS RPM		12h20 (45') LES MILLS RPM	10h00 (45') LES MILLS RPM
18h10 (45') LES MILLS RPM		18h45 (45') LES MILLS RPM		19h15 (45') LES MILLS RPM		
	20h05 (45') LES MILLS RPM		20h05 (45') LES MILLS RPM			

PLANNING DES COURS **CROSS TRAINING**

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					10h30 (60') CROSS JÉRÉMY P	
				11h00 (60') CROSS JÉRÉMY R		
18h00 (60') CROSS CHANTALE	17h45 (60') CROSS MANON		18h00 (60') CROSS NICOLAS	18h00 (60') CROSS NICOLAS		
19h00 (60') CROSS CHANTALE	18h45 (30') HIIT MANON	19h00 (60') CROSS TONY	19h00 (60') CROSS NICOLAS			14h00 à 17h00 TT TEENS*
20h00 (60') CROSS DÉBUTANT	19h45 (60') CROSS ROMAIN			20h05 (60') CROSS NICOLAS		

*Hors abonnement