

_____ Tous les cours de RPM seront donnés en STUDIO 3 _____

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
STUDIO 1	STUDIO 2&3	STUDIO 1	STUDIO 2&3	STUDIO 1	STUDIO 2&3	STUDIO 1	STUDIO 2&3	STUDIO 1	STUDIO 2&3	STUDIO 1	STUDIO 2&3	STUDIO 1	STUDIO 2&3
09h45 (45') BODYSULPT		10h00 (30') BUSTE BRAS		09h30 (60') PILATES 2		09h30 (60') YOGA VINYASA		10h00 (45') LES MILLS RPM	10h00 (45') LES MILLS BODYPUMP			09h45 (45') LES MILLS RPM	
10h40 (45') EASY STEP		10h40 (30') ABDOS FESSIERS		10h35 (30') ÉTIREMENTS		10h40 (45') LES MILLS BODYPUMP		11h00 (30') CUISSES FESSIERS	11h00 (25') CORE TRAINING			10h45 (45') LES MILLS BODYPUMP	
11h35 (45') LES MILLS BODYBALANCE		11h20 (45') ÉTIREMENTS		11h15 (30') CUISSES FESSIERS		11h35 (45') ZUMBA		11h40 (30') LES MILLS BODYATTACK	11h30 (45') STEP FUN			11h45 (60') LES MILLS BODYBALANCE	
	12h30 (45') LES MILLS RPM	12h15 (45') LES MILLS BODYPUMP		11h50 (20') CORE TRAINING				12h15 (45') LES MILLS BODYBALANCE			12h20 (45') LES MILLS RPM		
				12h15 (45') X-TRAINING									
				13h05 (60') PILATES 1									
14h30 (60') LES MILLS BODYPUMP					14h30 (45') LES MILLS RPM					14h00 (45') ZUMBA			15h00 (55') PILATES 1
							16h00 (55') SOPHROLOGIE			14h55 (45') ZUMBA			
17h00 (50') YOGA VINYASA	17h15 (45') BOXE BAG	17h30 (30') CUISSES ABDOS FESSIERS		17h30 (45') LES MILLS BODYBALANCE			17h00 (55') PILATES 3	18h00 (25') ÉTIREMENTS	17h45 (45') STEP FUN				
18h00 (45') STEP FUN	18h10 (45') LES MILLS RPM	18h15 (45') LES MILLS BODYPUMP	18h15 (45') LES MILLS RPM	18h25 (45') ZUMBA	18h00 (45') BOXE BAG		18h00 (55') PILATES 1	18h35 (25') CORE TRAINING	18h40 (30') CUISSES ABDOS FESSIERS				
19h00 (50') LES MILLS BODYCOMBAT	19h10 (45') AERO	19h15 (45') LES MILLS BODYATTACK		19h20 (25') CORE TRAINING	18h45 (45') LES MILLS RPM		19h05 (60') LES MILLS BODYPUMP	19h00 (30') PILATES ACCES 2	19h15 (45') ZUMBA	19h15 (45') LES MILLS RPM			
20h05 (45') LES MILLS BODYPUMP	20h05 (60') LES MILLS BODYBALANCE		20h10 (45') LES MILLS RPM	19h55 (60') LES MILLS BODYATTACK	20h00 (45') BOXE BAG		20h15 (50') STEP CARDIO	20h05 (45') LES MILLS RPM	20h05 (60') LES MILLS BODYCOMBAT				