

PLANNING COURS COLLECTIFS A PARTIR DU 23 MARS

LUNDI	MARDI	MERC	JEUDI	VEND	SAM	DIM
	8h30-9h30 LES MILLS BODYPUMP VIRTUAL		9h-9h30 LES MILLS CXWORX VIRTUAL	8h30-9h LES MILLS CXWORX VIRTUAL		
	9h30-10h POSTURE DOS	9h30-10h LES MILLS CXWORX VIRTUAL	9h30-10h LES MILLS BODYBALANCE VIRTUAL	9h-10h LES MILLS BODYPUMP VIRTUAL		
10h-11h GYM STRETCH	10h-11h LES MILLS BODYBALANCE	10h-11h ABDOS FESSIERS	10h-11h LES MILLS BODYPUMP	10h-10h45 ABDOS FESSIERS	10h15-11h15 LES MILLS BODYPUMP	10h-11h LES MILLS BODYPUMP VIRTUAL
				10h45-11h30 ASSOULP. STRETCH	11h15-11h45 ABDOS 11h45-12h15 TRAMPOLINE Cuisses fessiers	11h-11h30 LES MILLS CXWORX VIRTUAL
	12h15-13h15 LES MILLS RPM		12h15-13h15 LES MILLS RPM		12h30-13h30 LES MILLS BODYCOMBAT VIRTUAL	11h30-12h30 LES MILLS BODYBALANCE VIRTUAL
12h15-13h15 GYM STRETCH	12h15-13h15 LES MILLS BODYPUMP	12h15-13h15 LES MILLS BODYBALANCE	12h15-13h15 LES MILLS BODYCOMBAT	12h15-13h15 ABDOS FESS	13h30-14h LES MILLS CXWORX VIRTUAL	
13h30-14h LES MILLS CXWORX VIRTUAL	13h30-14h30 LES MILLS BODYCOMBAT VIRTUAL	13h30-14h LES MILLS CXWORX VIRTUAL	13h30-14h LES MILLS CXWORX VIRTUAL	13h30-14h30 LES MILLS BODYBALANCE VIRTUAL	14h-15h LES MILLS BODYBALANCE VIRTUAL	
14h-15h LES MILLS BODYPUMP VIRTUAL	14h30-15h LES MILLS CXWORX VIRTUAL	14h-15h LES MILLS BODYCOMBAT VIRTUAL	14h-15h LES MILLS SH'BAM VIRTUAL	14h30-15h LES MILLS CXWORX VIRTUAL		
15h-16h LES MILLS BODYBALANCE VIRTUAL	15h-16h LES MILLS BODYPUMP VIRTUAL	15h-16h LES MILLS BODYPUMP VIRTUAL	15h-16h LES MILLS BODYCOMBAT VIRTUAL	15h-16h LES MILLS BODYPUMP VIRTUAL	* 1 samedi sur 3 : 10h15 Body Pump Les Mills cinéma 11h15 Body Balance Les Mills Cinéma. Pas de modification sur les autres cours animés le samedi.	
16h-17h LES MILLS SH'BAM VIRTUAL	16h-17h LES MILLS BODYBALANCE VIRTUAL	16h-17h LES MILLS BODYBALANCE VIRTUAL	16h-17h LES MILLS BODYPUMP VIRTUAL	16h-17h LES MILLS BODYBALANCE VIRTUAL		
17h30-18h30 LES MILLS BODYPUMP	17h30-18h SPECIFIC ABDOS	17h30-18h30 ABDOS LES MILLS BODYBALANCE	17h45-18h30 ABDOS FESSIERS	17h15-17h45 ABDOS GAINAGE DOS		
18h30-19h15 ABDOS FESSIERS	18h-18h30 TRAMPOLINE Cuisses fessiers	18h30-19h30 LES MILLS RPM	18h30-19h15 CARDIO GYM	17h45-18h30 GYM'n DANSE		
18h30-19h30 LES MILLS RPM	18h30-19h30 LES MILLS BODYPUMP	19h30-20h30 LES MILLS BODYPUMP	19h15-20h15 LES MILLS BODYJAM	18h30-19h30 LES MILLS RPM		
19h30-20h30 LES MILLS BODYBALANCE	19h30-20h15 LES MILLS BODYCOMBAT			19h45-20h45 LES MILLS BODYPUMP VIRTUAL		
	19h30-20h30 LES MILLS RPM					

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11h-12h TEAM TRAINING	11h-12h TEAM TRAINING TRX	11h-12h TEAM TRAINING		
12h15-13h15 CROSS TRAINING	12h15-13h15 TEAM TRAINING			12h15-13h15 TEAM TRAINING
	18h30-19h30 CROSS TRAINING	18h-19h CROSS TRAINING		18h30-19h30 CROSS TRAINING