

PLANNING COURS CO. SEMAINE DU 01/06 AU 07/06

LUNDI	MARDI	MERC	JEUDI	VEND	SAM	DIM
	8h30-9h15 <small>LES MILLS</small> BODYPUMP VIRTUAL		8h30-9h <small>LES MILLS</small> CXWORX VIRTUAL			
	9h30-10h Posture Dos	9h-9h45 <small>LES MILLS</small> BODYPUMP VIRTUAL	9h15-9h45 <small>LES MILLS</small> BODYBALANCE VIRTUAL	8h30-9h30 <small>LES MILLS</small> BODYPUMP VIRTUAL		
	10h-11h <small>LES MILLS</small> BODYBALANCE	10h-11h ABDOS FESSIERS	10h-10h45 <small>LES MILLS</small> BODYPUMP	10h-11h ABDOS FESS. STRETCH	10h15-11h <small>LES MILLS</small> BODYPUMP	9h30-10h15 <small>LES MILLS</small> BODYPUMP VIRTUAL
CLUB FERME 01/06					11h15-12h15 <small>LES MILLS</small> BODYBALANCE VIRTUAL	10h30-11h <small>LES MILLS</small> CXWORX VIRTUAL
	12h15-13h <small>LES MILLS</small> RPM		12h15-13h <small>LES MILLS</small> RPM		12h30-13h30 <small>LES MILLS</small> BODYCOMBAT VIRTUAL	11h15-12h15 <small>LES MILLS</small> BODYBALANCE VIRTUAL
	12h15-13h <small>LES MILLS</small> BODYPUMP	12h15-13h <small>LES MILLS</small> BODYBALANCE	12h15-13h <small>LES MILLS</small> BODYCOMBAT	12h15-13h ABDOS FESS		
	13h30-14h15 <small>LES MILLS</small> BODYCOMBAT VIRTUAL	13h30-14h <small>LES MILLS</small> CXWORX VIRTUAL	13h45-14h15 <small>LES MILLS</small> CXWORX VIRTUAL	13h30-14h15 <small>LES MILLS</small> BODYBALANCE VIRTUAL		
	14h30-15h <small>LES MILLS</small> CXWORX VIRTUAL	14h15-15h <small>LES MILLS</small> BODYCOMBAT VIRTUAL	14h30-15h30 <small>LES MILLS</small> BODYPUMP VIRTUAL	14h30-15h <small>LES MILLS</small> CXWORX VIRTUAL		
	15h15-16h <small>LES MILLS</small> BODYPUMP VIRTUAL	15h15-16h <small>LES MILLS</small> BODYPUMP VIRTUAL	15h45-16h45 <small>LES MILLS</small> BODYBALANCE VIRTUAL	15h15-16h15 <small>LES MILLS</small> BODYPUMP VIRTUAL	* Cours sur réservation : Effectifs par cours : 15 pers. Effectifs RPM (cours en exté- rieur) : 10 personnes.	
	16h15-17h <small>LES MILLS</small> BODYBALANCE VIRTUAL	16h15-17h <small>LES MILLS</small> BODYBALANCE VIRTUAL				
	17h30-18h15 ABDOS FESSIERS	17h30-18h15 ABDOS ETIREMENTS	17h45-18h30 ABDOS FESSIERS	17h-17h30 ABDOS GAINAGE DOS		
	18h30-19h15 LES MILLS BODYPUMP	18h30-19h15 LES MILLS RPM	18h45-19h30 LES MILLS BODYCOMBAT	17h45-18h30 GYM'n DANSE		
	19h30-20h15 LES MILLS BODYCOMBAT	19h30-20h15 LES MILLS BODYPUMP	19h30-20h15 LES MILLS BODYBALANCE	18h45-19h30 LES MILLS RPM		

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	11h-12h TEAM TRAINING TRX	11h15-12h TEAM TRAINING		
	12h15-13h TEAM TRAINING			
18h-19h CROSS TRAINING OUTDOOR (8 pers.)	18h30-19h30 CROSS TRAINING	18h-19h CROSS TRAINING	18h30-19h30 CROSS TRAINING	18h30-19h30 CROSS TRAINING