

# PLANNING COURS COLLECTIFS



LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
		10h00 <b>LES MILLS BODYPUMP</b> ★★ 45'				10h00 <i>Body Sculpt</i> ★ 45'				10h15 <b>LES MILLS BODYPUMP</b> ★★ 45'	
		10h45 <b>LES MILLS BODYBALANCE</b> ★ 45'				10h45 <i>Gym Zen</i> ★ 45'				11h00 <b>ZUMBA</b> FITNESS ★★ 45'	
		12h15 <i>Cross Training</i> ★★★★ 30'				12h15 <i>Renfo</i> ★ 30'				12h15 <b>STEP Cardio</b> ★★ 30'	
12h30 <b>HIT' Boxing</b> ★★★★ 30'	100% Abdos ★ 15'	12h45 <b>ZUMBA</b> FITNESS ★★ 45'		12h30 <b>MIX LES MILLS BODYPUMP LES MILLS BODYATTACK</b> ★★ 60'	12h30 <i>Pilates</i> ★ 45'	12h30 <b>No Contact</b> ★★★★ 45'		12h45 <i>Cross Training</i> ★★★★ 45'	<b>LES MILLS BODYBALANCE</b> ★ 45'		
18h15 <i>Cross Training</i> ★★★★ 60'	18h15 <b>LES MILLS BODYBALANCE</b> ★ 60'	18h15 <b>No Contact</b> ★★★★ 45'		18h30 <i>Pilates</i> ★ 60'	18h15 <b>HIT' Boxing</b> ★★★★ 45'	18h15 <b>LES MILLS BODYPUMP</b> ★★ 60'	18h30 <i>Pilates</i> ★ 60'	18h00 <i>Cross Training</i> ★★★★ 45'		<div>LEGENDE</div> <div>Formule Club</div> <div>Formule Master (inclus Club)</div> <div>Formule Elite (inclus Master)</div> <div>★ Intensité Faible</div> <div>★★ Intensité Moyenne</div> <div>★★★★ Intensité Elevée</div>	
19h15 <b>ZUMBA</b> FITNESS ★★ 45'		19h00 <b>LES MILLS BODYPUMP</b> ★★ 45'		19h00 <i>Cross Training</i> ★★★★ 45'	19h15 <b>LES MILLS BODYATTACK</b> ★★★★ 60'	19h15 <i>Boxe Française</i> ★★ 60'		18h45 <b>HIT' Boxing</b> ★★★★ 45'			
20h00 <i>Boxe Française</i> ★★ 45'		19h45 <b>LES MILLS BODYATTACK</b> ★★★★ 45'		19h45 <i>Boxe Française</i> ★★ 60'			19h30 <i>Boxe Anglaise</i> ★★ 60'				