PLANNING DES COURS

DU 20 JUILLET AU 09 AOUT

LUNDI 09H30-20H30			MARDI 09H30-20H30			MERCREDI 09H30-20H30			JEUDI 09H30-20H30			VENDREDI 09H30-20H00			SAMEDI 09H00-13H00		
STUDIO 1	PLATEAU	EXTERIEUR	STUDIO 1	PLATEAU	EXTERIEUR	STUDIO 1	PLATEAU	EXTERIEUR	STUDIO 1	PLATEAU	EXTERIEUR	STUDIO 1	PLATEAU	EXTERIEUR	STUDIO 1	PLATEAU	EXTERIEUR
																CROSS TRAINING 09H00-09H45	
				CROSS TRAINING 10H00-10H45		YOGA 10H00-10H45			BODY SCULPT 10H00-10H45			PILATES 10H00-10H45			LesMills BODYPUMP 10H00-10H45		
															LesMills RPM 11H00-11H45		
LesMills RPM 12H30-13H15	CROSS TRAINING 12H30-13H15		PILATES 12H30-13H15		NEW FORCE LesMills GRIT 12H30-13H15	CUISSES, ABDOS FESSIERS 12H30-13H15	CROSS TRAINING 12H30-13H15		LesMills BODYPUMP 12H30-13H15	CROSS TRAINING 12H30-13H15		YOGA 12H30-13H15		NEW CARDIO LesMills GRIT 12H30-13H15			
LesMills BODYPUMP 18H00-18H45	CROSS TRAINING 17H30-18H15		PILATES 17H30-18H15	CROSS TRAINING 17H30-18H15			CROSS TRAINING 17H30-18H15		YOGA 18H00-18H45	CROSS TRAINING 17H45-18H30	NEW FORCE LesMills GRIT 18H00-18H45	CIRCUIT TRAINING 18H00-18H45					
LesMills BODYCOMBAT 19H00-19H45	CROSS TRAINING 18H30-19H15	NEW CARDIO LesMills GRIT 18H30-19H15	LesMills RPM 18H30-19H15	CROSS TRAINING 18H30-19H15			CROSS TRAINING 18H30-19H15		LesMills RPM 19H00-19H45	CROSS TRAINING 18H45-19H30		CIRCUIT TRAINING 19H00-19H45					
	CROSS TRAINING 19H30-20H15		LesMills BODYPUMP 19H30-20H15	CROSS TRAINING 19H30-20H15			CROSS TRAINING 19H30-20H15										

GYMLAB

RESERVATION DES COURS
SUR L'APPLICATION

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