PLANNING DES COURS
À PARTIR DU 31 AOUT

GYMLAB
SALLE DE SPORT

LUNDI
09H00-21H30

STUDIO 1	STUDIO RPM	PLATEAU	EXTERIEUR
CUISSES, ABDOS, FESSIERS 10H00-11H00			
LesMills BODYATTACK 12H30-13H15	LesMills RPM 12H45-13H30	CARDIO CROSS TRAINING 12H30-13H15	
LesMills BODYPUMP 17H45-18H30	LesMills RPM 18H00-18H45	CARDIO CROSS TRAINING 17H45-18H30	FORCE LesMills GRIT 18H00-18H45
LesMills BODYCOMBAT 18H45-19H30	LesMills RPM 19H15-20H00	CROSS TRAINING 18H45-19H30	CUISSES, ABDOS, FESSIERS 19H00-19H45
		CROSS TRAINING 19H45-20H30	

MARDI
07H00-21H00

STUDIO 1	STUDIO RPM	PLATEAU	EXTERIEUR
		CROSS TRAINING 07H00-08H00	
		CIRCUIT TRAINING 10H00-11H00	
PILATES 12H30-13H15		CROSS TRAINING 12H30-13H15	CARDIO LesMills GRIT 12H45-13H30
PILATES 17H30-18H15		CROSS TRAINING 17H45-18H30	CUISSES, ABDOS, FESSIERS 18H00-18H45
ZUMBA 18H15-19H00	LesMills RPM 18H15-19H00	CROSS TRAINING 18H45-19H30	
LesMills BODYATTACK 19H00-20H00	LesMills RPM 19H15-20H00	CROSS TRAINING 19H45-20H30	CARDIO LesMills GRIT 19H30-20H15

MERCREDI
07H00-21H00

STUDIO 1	STUDIO RPM	PLATEAU	EXTERIEUR
		CROSS TRAINING 07H00-08H00	
YOGA 10H00-11H00			
LesMills BODYPUMP 12H30-13H15		GYM CROSS TRAINING 12H30-13H15	CUISSES, ABDOS, FESSIERS 12H45-13H30
GYM BALL 16H30-17H15		DEBUTANT CROSS TRAINING 16H30-17H15	
	LesMills RPM 18H00-18H45	GYM CROSS TRAINING 17H45-18H30	FORCE LesMills GRIT 18H00-18H45
LesMills BODYPUMP 19H00-20H00		CROSS TRAINING 18H45-19H30	CUISSES, ABDOS, FESSIERS 19H15-20H00
		CROSS TRAINING 19H45-20H30	

JEUDI
07H00-21H00

STUDIO 1	STUDIO RPM	PLATEAU	EXTERIEUR
		CROSS TRAINING 07H00-08H00	
BODY SCULPT 10H00-11H00			
	LesMills RPM 12H30-13H15	CROSS TRAINING 12H45-13H30	
LesMills BODYATTACK 17H30-18H15			HALTÉRO CROSS TRAINING 17H45-18H30
YOGA 18H15-19H00	LesMills RPM 18H00-18H45		
LesMills BODYCOMBAT 19H00-19H45			CROSS TRAINING 18H45-19H30
PILATES 19H45-20H30			

VENDREDI
09H00-20H30

STUDIO 1	STUDIO RPM	PLATEAU	EXTERIEUR
PILATES 10H00-11H00			
YOGA 12H30-13H15		TEAM CROSS TRAINING 12H15-13H00	FORCE LesMills GRIT 12H45-13H30
LesMills BODYPUMP 18H00-18H45		TEAM CROSS TRAINING 17H30-18H15	
	LesMills RPM 19H00-19H45	CROSS TRAINING 18H30-19H15	

SAMEDI
09H00-13H00

STUDIO 1	STUDIO RPM	PLATEAU	EXTERIEUR
YOGA 09H30-10H30		CROSS TRAINING 09H45-10H45	
LesMills BODYPUMP 10H45-11H30			
	LesMills RPM 11H45-12H30		

DIMANCHE
09H00-13H00

STUDIO 1	STUDIO RPM	PLATEAU	EXTERIEUR
CIRCUIT TRAINING 10H00-10H45			
CIRCUIT TRAINING 11H00-11H45			

OUVERT 7J/7

05 56 12 55 79

6-8 RUE DE THALES
33700 MERIGNAC

« SERVICES ADDITIONNELS: COACHING PERSONNALISÉ ET OSTÉOPATHIE »

RESERVEZ
VOS COURS

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