

PLANNING DES COURS

SEPTEMBRE 2021

LUNDI
09h00-21h00

STUDIO1 STUDIO RPM PLATEAU EXTERIEUR

10H00-11H00	CUISSES ABDOS FESSIERS		
12H30-13H15	LES MILLS BODYATTACK	12H30-13H15 CROSS TRAINING CARDIO	
17H30-18H00		CIRCUIT ABDOS	
18H00-18H45	LES MILLS BODYPUMP	18H00-18H45 LES MILLS RPM	18H00-18H45 CROSS TRAINING CARDIO
18H45-19H30	LES MILLS BODYCOMBAT	19H00-19H45 LES MILLS RPM	19H00-19H45 CROSS TRAINING CARDIO
		20H00-20H45 CROSS TRAINING CARDIO	

MARDI
09h00-21h00

STUDIO1 STUDIO RPM PLATEAU EXTERIEUR

10H00-11H00	BODY SCULPT		
12H30-13H15	PILATES	12H45-13H30 LES MILLS RPM	12H30-13H15 CROSS TRAINING
17H30-18H15	PILATES		17H30-18H00 ABDOS FESSIERS
18H15-19H00	ZUMBA	18H00-18H45 CIRCUIT TRAINING HAUTE INTENSITE	
19H00-20H00	LES MILLS BODYATTACK	19H15-20H00 LES MILLS RPM	19H15-20H00 CIRCUIT TRAINING HAUTE INTENSITE

MERCREDI
07h00-21h00

STUDIO1 STUDIO RPM PLATEAU EXTERIEUR

		07H00-08H00 CROSS TRAINING	
10H00-11H00	YOGA VINYASA DEBUTANT		
12H30-13H15	LES MILLS BODYPUMP	12H30-13H15 CROSS TRAINING	
17H30-18H00	BOOTY BURN	17H30-18H30 CROSS TRAINING TECHNIQUE	
18H15-19H00	LES MILLS BODYPUMP	18H30-19H30 CROSS TRAINING TECHNIQUE	
19H15-20H00	PILATES	19H30-20H30 CROSS TRAINING TECHNIQUE	
20H00-21H00	YIN YOGA		

JEUDI
09h00-21h00

STUDIO1 STUDIO RPM PLATEAU EXTERIEUR

10H00-11H00	CIRCUIT TRAINING		
12H30-13H15	GYMBALL		12H30-13H15 CIRCUIT TRAINING HAUTE INTENSITE
17H30-18H15	CUISSES ABDOS FESSIERS		17H30-18H15 CROSS TRAINING
18H15-19H15	YOGA VINYASA	18H30-19H15 LES MILLS RPM	18H30-19H15 CROSS TRAINING
19H30-20H15	LES MILLS BODYPUMP		19H30-20H15 CROSS TRAINING

VENDREDI
07h00-20h30

STUDIO1 STUDIO RPM PLATEAU EXTERIEUR

		07H00-08H00 CROSS TRAINING	
10H00-11H00	PILATES		
12H30-13H15	YOGA VINYASA	12H30-13H15 CROSS TRAINING TEAM	
18H00-18H45	LES MILLS BODYPUMP		
19H30-20H30	YOGA YIN YANG		

SAMEDI
09h00-13h00

STUDIO1 STUDIO RPM PLATEAU EXTERIEUR

09H00-10H00	YOGA HATHA FLOW	09H00-09H45 CROSS TRAINING	
10H15-11H00	LES MILLS BODYPUMP		
11H15-12H00	LES MILLS RPM		

DIMANCHE
09h00-13h00

STUDIO1 STUDIO RPM PLATEAU EXTERIEUR

10H00-10H45	CUISSES ABDOS FESSIERS		
10H45-11H45	CIRCUIT TRAINING		



OUVERT 7J/7



05 56 12 55 79



6-8 RUE DE THALES
33700 MERIGNAC

SERVICE ADDITIONNEL
COACHING PERSONNALISÉ



GYMLAB
SALLE DE SPORT

**RESERVEZ
VOS COURS**



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