

# PLANNING DES COURS

## JANVIER 2022

**LUNDI**  
09h00-21h00

**MARDI**  
09h00-21h00

**MERCREDI**  
07h00-21h00

**JEUDI**  
09h00-21h00

LUNDI				MARDI				MERCREDI				JEUDI			
STUDIO1	STUDIO RPM	PLATEAU	EXTERIEUR	STUDIO1	STUDIO RPM	PLATEAU	EXTERIEUR	STUDIO1	STUDIO RPM	PLATEAU	EXTERIEUR	STUDIO1	STUDIO RPM	PLATEAU	EXTERIEUR
10H00-11H00 CUISSSES ABDOS FESSIERS				10H00-11H00 BODY SCULPT				10H00-11H00 YOGA VINNYASA DEBUTANT		07H00-08H00 CROSS TRAINING		10H00-11H00 CIRCUIT TRAINING			
12H30-13H15 LES MILLS BODYATTACK		12H30-13H15 CROSS TRAINING CARDIO		12H30-13H15 PILATES	12H45-13H30 LES MILLS RPM	12H30-13H15 CROSS TRAINING		12H30-13H15 LES MILLS BODYPUMP		12H30-13H15 CROSS TRAINING		12H30-13H15 GYMBALL		12H15-13H00 CIRCUIT TRAINING HAUTE INTENSITE	
17H30-18H00 CIRCUIT ABDOS		17H30-18H00 CROSS TRAINING CARDIO		17H30-18H15 PILATES		17H30-18H00 ABDOS FESSIERS		17H30-18H00 BOOTY BURN		17H30-18H30 CROSS TRAINING TECHNIQUE		17H30-18H15 CUISSSES ABDOS FESSIERS		17H30-18H15 CROSS TRAINING	
18H00-18H45 LES MILLS BODYPUMP		18H00-18H45 CROSS TRAINING CARDIO		18H15-19H00 ZUMBA	18H15-19H00 LES MILLS RPM	18H00-18H45 CIRCUIT TRAINING HAUTE INTENSITE		18H15-19H00 LES MILLS BODYPUMP		18H30-19H30 CROSS TRAINING TECHNIQUE		18H15-19H15 YOGA VINNYASA	18H30-19H15 LES MILLS RPM	18H30-19H15 CROSS TRAINING	
18H45-19H30 LES MILLS BODYCOMBAT		18H45-19H30 CROSS TRAINING CARDIO		19H00-20H00 LES MILLS BODYATTACK	19H15-20H00 LES MILLS RPM	19H15-20H00 CIRCUIT TRAINING HAUTE INTENSITE		19H15-20H00 PILATES		19H30-20H30 CROSS TRAINING TECHNIQUE		19H30-20H15 GYMBALL		19H30-20H15 BOXE TRAINING	
19H00-19H45 LES MILLS RPM		19H45-20H30 BOXE TRAINING													

**VENDEDI**  
07h00-20h30

**SAMEDI**  
09h00-13h00

**DIMANCHE**  
09h00-13h00

VENDEDI				SAMEDI				DIMANCHE			
STUDIO1	STUDIO RPM	PLATEAU	EXTERIEUR	STUDIO1	STUDIO RPM	PLATEAU	EXTERIEUR	STUDIO1	STUDIO RPM	PLATEAU	EXTERIEUR
		07H00-08H00 CROSS TRAINING									
10H00-11H00 PILATES				09H30-10H30 YOGA HATHA FLOW		09H30-10H30 CROSS TRAINING		10H00-10H30 CIRCUIT ABDOS		10H30-11H30 CIRCUIT TRAINING	
12H30-13H15 YOGA VINNYASA		12H30-13H15 CROSS TRAINING TEAM		10H45-11H45 LES MILLS BODYPUMP							
				11H45-12H30 LES MILLS RPM							
18H00-18H45 LES MILLS RPM											
19H00-20H00 YOGA YIN YANG		19H00-19H45 CIRCUIT TRAINING									

05 56 12 55 79

6-8 RUE DE THALES  
33700 MERIGNAC

**NOUVEAUTÉ**  
**BOXE TRAINING**  
SMALL GROUP  
TARIF À LA SÉANCE



**GYMLAB**  
SALLE DE SPORT

**RESERVEZ  
VOS COURS**

