

# PLANNING DES COURS

A PARTIR DU 08 AVRIL 2024

## LUNDI

09h00-21h00

STUDIO 1 STUDIO RPM PLATEAU EXTERIEUR

CAF  
10h00 - 11h00

BODYPUMP  
12h25 - 13h10  
LES MILLS

RPM  
12h30 - 13h15  
LES MILLS

CROSS TRAINING \*  
12h35 - 13h20

CIRCUIT ABS  
17h30 - 18h00

BODYPUMP  
18h05 - 18h50  
LES MILLS

RPM  
18h00 - 18h45  
LES MILLS

CROSS TRAINING \*  
17h45 - 18h30

CIRCUIT TRAINING  
18h15 - 19h00

BODY COMBAT  
19h00 - 19h45  
LES MILLS

RPM  
19h15 - 20h00  
LES MILLS

CROSS TRAINING \*  
19h15 - 20h00

STRETCH  
20h00 - 20h20

ESPACE EXTÉRIEUR

## MARDI

07h00-21h00

STUDIO 1 STUDIO RPM PLATEAU EXTERIEUR

PILATES  
10h00 - 11h00

BODY SCULPT  
12h30 - 13h15

CROSS TRAINING \*  
07h00 - 08h00

CROSS TRAINING \*  
12h25 - 13h10

CIRCUIT ABS  
17h30 - 18h00

STEP  
18h10 - 18h55

RPM  
18h00 - 18h45  
LES MILLS

CROSS TRAINING \*  
18h00 - 18h45

BODY BALANCE  
19h00 - 19h45  
LES MILLS

RPM  
19h00 - 19h45  
LES MILLS

CROSS TRAINING \*  
19h00 - 19h45

STRETCH  
20h00 - 20h20

ESPACE EXTÉRIEUR

NOUVEL HORAIRE

NOUVEAU COURS

LANCEMENT A PARTIR DU 30/04

## MERCREDI

09h00-21h00

STUDIO 1 STUDIO RPM PLATEAU EXTERIEUR

CIRCUIT CARDIO  
12h35 - 13h20

CROSS TRAINING \*  
12h30 - 13h15

BOOTY BURN  
17h30 - 18h00

BODY PUMP XL  
18h15 - 19h15  
LES MILLS

RPM  
18h00 - 18h45  
LES MILLS

CROSS TECHNIQUE  
17h30 - 18h15

CROSS TECHNIQUE  
18h30 - 19h15

CROSS TECHNIQUE  
19h30 - 20h15

PILATES  
19h30 - 20h15

NOUVEAUX CRÉNEAUX

NOUVEAU COURS

LANCEMENT A PARTIR DU 24/04

## JEUDI

09h00-21h00

STUDIO 1 STUDIO RPM PLATEAU EXTERIEUR

CIRCUIT TRAINING  
10h00 - 11h00

GYMBALL  
12h30 - 13h15

RPM  
12h35 - 13h20  
LES MILLS

CROSS TRAINING \*  
12h25 - 13h10

CAF  
17h30 - 18h15

YOGA  
18h30 - 19h30

ZUMBA  
19h30 - 20h15

CROSS TRAINING \*  
18h00 - 18h45

CROSS TRAINING \*  
18h45 - 19h30

MOBILITY/POSTURAL  
19h30 - 20h00

GRIT  
18h00 - 18h30  
LES MILLS

GRIT  
18h45 - 19h15  
LES MILLS

## VENDREDI

09h00-20h30

STUDIO 1 STUDIO RPM PLATEAU EXTERIEUR

BODY SCULPT  
10h00 - 11h00

YOGA  
12h30 - 13h15

CROSS TRAINING \*  
12h30 - 13h15

CIRCUIT HYBRIDE  
17h45 - 18h45

RPM  
18h45 - 19h30  
LES MILLS

## SAMEDI

09h30-13h00

STUDIO 1 STUDIO RPM PLATEAU EXTERIEUR

BODYPUMP  
10h00 - 10h45  
LES MILLS

RPM  
12h00 - 12h45  
LES MILLS

CROSS TRAINING \*  
11h00 - 11h45

## DIMANCHE

09h30-13h00

STUDIO 1 STUDIO RPM PLATEAU EXTERIEUR

CIRCUIT TRAINING  
10h00 - 11h00

CROSS TRAINING \*  
11h00 - 11h45

YOGA  
11h00 - 12h00



OUVERT 7J/7



05 56 12 55 79



6-8 RUE DE THALES  
33700 MERIGNAC

\* Accès cross training en option



GYMLAB  
salle de sport



SUR VOTRE TÉLÉPHONE  
MY GYMLAB