PLANNING DES COURS

À PARTIR DU 12 MAI

LUNDI
09H00-21H00

STUDIO 1 | STUDIO RPM | PLATEAU | EXTERIEUR

- 10H00 / 60 MIN — CUISSES ABDOS FESSIERS
- 12H25 / 45 MIN — BODYPUMP LesMills
- 12H30 / 45 MIN — RPM LesMills
- 12H35 / 45 MIN — ATHLETIC TRAINING (NEW)
- 17H30 / 30 MIN — CIRCUIT ABDOS
- 18H05 / 45 MIN — BODYPUMP LesMills
- 18H00 / 45 MIN — RPM LesMills
- 17H45 / 45 MIN — ATHLETIC TRAINING (NEW)
- 18H30 / 45 MIN — ATHLETIC TRAINING (NEW)
- 19H00 / 45 MIN — BODYCOMBAT LesMills
- 19H00 / 45 MIN — RPM LesMills
- 19H30 / 45 MIN — CIRCUIT TRAINING (HYBRID)
- 19H50 / 45 MIN — PILATES

MARDI
07H00-21H00

STUDIO 1 | STUDIO RPM | PLATEAU | EXTERIEUR

- 07H15 / 60 MIN — GOOD MORNING YOGA (NEW) — NOUVEAUTÉ
- 07H00 / 60 MIN — CROSS TRAINING (HYBRID)
- 10H00 / 60 MIN — PILATES
- 12H30 / 45 MIN — BODYSCULPT
- 12H25 / 45 MIN — CROSS TRAINING (HYBRID)
- 17H30 / 30 MIN — CIRCUIT ABDOS
- 18H10 / 45 MIN — STEP
- 18H00 / 45 MIN — RPM LesMills
- 18H00 / 45 MIN — CROSS TRAINING (DÉBUTANT)
- 17H45 / 45 MIN — ATHLETIC HYROX (NEW) — NOUVEAUTÉ
- 19H00 / 45 MIN — BODYBALANCE LesMills
- 19H00 / 45 MIN — RPM LesMills
- 19H00 / 45 MIN — CROSS TRAINING (HYBRID)
- 19H00 / 45 MIN — CIRCUIT TRAINING (CARDIO)

MERCREDI
09H00-21H00

STUDIO 1 | STUDIO RPM | PLATEAU | EXTERIEUR

- 12H30 / 45 MIN — BODYBALANCE LesMills
- 12H35 / 45 MIN — RPM LesMills
- 12H30 / 45 MIN — ATHLETIC TRAINING
- 17H30 / 30 MIN — CIRCUIT ABDOS
- 18H10 / 60 MIN — BODYPUMP XL LesMills
- 18H00 / 45 MIN — RPM LesMills
- 17H45 / 45 MIN — CROSS TRAINING (TECHNIQUE)
- 18H30 / 45 MIN — CROSS TRAINING (TECHNIQUE)
- 19H20 / 45 MIN — PILATES
- 19H15 / 45 MIN — RPM LesMills
- 19H15 / 45 MIN — ATHLETIC HYROX (NEW) — NOUVEAUTÉ

JEUDI
09H00-21H00

STUDIO 1 | STUDIO RPM | PLATEAU | EXTERIEUR

- 07H15 / 45 MIN — ATHLETIC HYROX (NEW) — NOUVEAUTÉ
- 10H00 / 60 MIN — CIRCUIT TRAINING
- 12H35 / 45 MIN — CIRCUIT TRAINING
- 12H30 / 45 MIN — CROSS TRAINING (CARDIO)
- 17H30 / 30 MIN — CIRCUIT ABDOS
- 18H00 / 45 MIN — CUISSES ABDOS FESSIERS
- 18H45 / 60 MIN — YOGA
- 18H00 / 45 MIN — CROSS TRAINING (TEAM)
- 18H00 / 30 MIN — GRIT LesMills
- 18H45 / 45 MIN — CROSS TRAINING (TEAM)
- 18H45 / 30 MIN — GRIT LesMills
- 19H30 / 30 MIN — MOBILITY POSTURAL

VENDREDI
09H00-20H30

STUDIO 1 | STUDIO RPM | PLATEAU | EXTERIEUR

- 10H00 / 60 MIN — BODYSCULPT
- 12H30 / 45 MIN — YOGA
- 12H30 / 45 MIN — ATHLETIC HYROX (NEW) — NOUVEAUTÉ
- 17H45/ 60 MIN — CIRCUIT TRAINING (HYBRID)
- 18H45 / 45 MIN — RPM LesMills

SAMEDI
09H30-13H00

STUDIO 1 | STUDIO RPM | PLATEAU | EXTERIEUR

- 10H00 / 45 MIN — BODYPUMP LesMills
- 11H00 / 45 MIN — CROSS TRAINING
- 12H00/ 45 MIN — RPM LesMills

DIMANCHE
09H30-13H00

STUDIO 1 | STUDIO RPM | PLATEAU | EXTERIEUR

- 10H00 / 45 MIN — CIRCUIT TRAINING (TEAM)
- 11H00 / 60 MIN — YOGA
- 10H45 / 45 MIN — CIRCUIT TRAINING (TEAM)

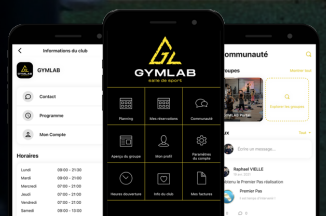
OUVERT 7J/7

05 56 12 55 79

6-8 RUE DE THALES
33700 MERIGNAC

SERVICE ADDITIONNEL
COACHING PERSONNALISÉ

ACCÈS CROSS TRAINING, ATHLETIC TRAINING ET ATHLETIC HYROX EN OPTION



GYMLAB
salle de sport