

Planning Séances Collectives

Lundi

15 00 **gym douce** 45'

18 00 **LES MILLS RPM** 45'

19 00 **cross training** 90'

19 30 **LES MILLS BODY PUMP** 60'

Mardi

19 00 **Circuit** Ados
Juniors 30'

20 00 **cross training** 90'

20 00 **tone** 45'

Mercredi

15 00 **cross training kids** 45'

18 15 **TRX**
Suspension Training 30'

19 00 **LES MILLS RPM** 45'

20 00 **cross training** 90'

jeudi

15 00 **TRX**
Suspension Training 30'

18 00 **cross training** 60'

19 00 **Pilates** 45'

20 00 **Yoga** 45'

vendredi

18 00 **LES MILLS sprint** 30'

19 00 **Circuit** Ados
Juniors 30'

19 30 **TRX** for
yoga 30'

samedi

10 00 **RPM** vs **sprint** 30'

10 00 **cross training** 90'

