# PLANNING STUDIO 1

*Tous les cours sont accessibles à tous quelque soit votre âge et votre condition.*
*Vous pourrez utiliser les options de travail que votre Coach vous proposera.*

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|---|---|---|---|---|---|---|---|---|---|
| LUNDI | 09h30 BODY&MIND | 11h00 CIRCUIT MINCEUR | 12h30 LesMILLS BODYCOMBAT EXPRESS | 13h00 ABDO FLASH | 15h00 BIKING | 17h30 LesMILLS SH'BAM<br>LesMILLS RPM EXPRESS | 18h30 LesMILLS BODYPUMP | 19h30 ZUMBA FITNESS<br>LesMILLS RPM | 20h30 BODY&MIND |
| MARDI | 09h30 PILATES STRETCHING | 10h30 LesMILLS SH'BAM | 12h30 STEP | | 16h00 CIRCUIT MINCEUR | 17h30 LesMILLS CXWORX<br>18h00 DYNAMIC JUMP | 18h30 STEP<br>LesMILLS RPM | 19h30 PILATES | 20h15 ABDO FLASH |
| MERCREDI | 09h30 C.A.F. | 10h30 STRETCHING | 12h30 LesMILLS SH'BAM<br>LesMILLS RPM | 14h45 et 15h30 ZUMBA Atomic | 15h00 et 16h00 CIRCUIT MINCEUR | 17h30 LesMILLS BODYPUMP<br>LesMILLS RPM | 18h30 LesMILLS SH'BAM | 19h30 LesMILLS BODYATTACK | 20h15 ABDO FLASH |
| JEUDI | 09h30 LesMILLS BODYPUMP EXPRESS<br>LesMILLS CXWORX | 10h30 LesMILLS RPM<br>11h00 CIRCUIT MINCEUR | 12h30 PILATES | | 15h00 LesMILLS BODYPUMP EXPRESS<br>LesMILLS CXWORX | 17h30 ZUMBA FITNESS | 18h30 BOOT CAMP* TRAINING<br>LesMILLS RPM | 19h30 LesMILLS BODYCOMBAT | 20h30 LesMILLS CXWORX |
| VENDREDI | 09h30 PILATES | 10h30 LesMILLS CXWORX LesMILLS RPM<br>11h00 CIRCUIT MINCEUR | 12h30 LesMILLS BODYPUMP | | 15h00 BODY ATTACK EXPRESS LesMILLS CXWORX<br>16h00 CIRCUIT MINCEUR | 17h30 L.I.A.<br>LesMILLS RPM EXPRESS | 18h30 LesMILLS BODYPUMP | 19h30 STEP CARDIO<br>LesMILLS RPM | 20h30 SELF DEFENSE |
| SAMEDI | 10h15 LesMILLS BODYPUMP | 11h30 LesMILLS RPM XL | | 14h00 BOOT CAMP* EXTERIEUR<br>LesMILLS SH'BAM | 15h00 ZUMBA FITNESS | 16h00 LesMILLS BODYCOMBAT | | | |
| DIMANCHE | 10h15 LesMILLS BODYPUMP EXPRESS<br>LesMILLS CXWORX | 11h30 ZUMBA FITNESS<br>LesMILLS RPM | | | | | | | |