

PLANNING FITNESS 2025



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:30-10:15 GYM TRAD	9:30-10:25 LES MILLS BODYPUMP	9:30-10:15 FUSION WORKOUT	9:30-10:15 PILATES Swiss ball	9:30-10:15 STEP	9:00-9:45 PILATES
10:30-11:15 L.I.A	10:30-11:15 LES MILLS RPM PILATES	10:30-11:15 ABDOS FESSIERS	10:30-11:15 LES MILLS RPM	10:30-11:15 GYM TRAD	LES MILLS BODYBALANCE Une semaine sur deux*
12:30-13:15 LES MILLS RPM PILATES	12:30-13:15 CIRCUIT BOXING	12:30-13:15 LES MILLS BODYBALANCE	12:30-13:25 LES MILLS BODYPUMP	12:30-13:15 YOGA LES MILLS RPM	10:00-10:45 LES MILLS RPM
17:30-18:00 LES MILLS GRIT STRENGTH	17:30-18:15 LES MILLS BODYBALANCE	17:30-18:15 ABDOS FESSIERS	17:30-18:15 LES MILLS RPM	17:30-18:00 LES MILLS GRIT STRENGTH	11:00-12:00 PUMP/ABDOS
17:30-18:25 LES MILLS BODYPUMP	LES MILLS RPM	CROSS TRAINING	GYM TRAD	17:30-18:25 LES MILLS BODYPUMP	DIMANCHE
18:15-19:00 LES MILLS RPM	18:30-19:00 LES MILLS GRIT STRENGTH	18:30-19:15 LES MILLS RPM	18:30-19:15 STEP	18:15-18:45 TRX	10:00-10:55 LES MILLS BODYPUMP
18:15-19:00 CIRCUIT BOXING	18:15-19:00 LES MILLS BODYATTACK	18:30-19:25 LES MILLS BODYPUMP	LES MILLS GRIT CARDIO	18:30-19:15 PILATES Swiss ball	11:00-11:45 LES MILLS RPM
18:30-19:25 LES MILLS BODYCOMBAT	19:00-19:45 PILATES	19:30-20:00 TRX	19:30-20:30 YOGA	LES MILLS RPM	
19:15-19:45 TRX		LES MILLS GRIT CARDIO		19:00-19:30 CIRCUIT BOXING	
19:30-20:15 PILATES		19:30-20:15 LES MILLS BODYBALANCE		19:30-20:15 CROSS TRAINING	