

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
8h30		8h30		8h30	
<b>TRAINING FACTORY PILATES</b>		<b>TRAINING FACTORY CAF</b>		<b>LESMILLS LES MILLS CORE</b>	<b>TRAINING FACTORY CIRCUIT TRAINING</b>
9h15		9h15		9h00	9h15
				<b>LESMILLS BODYBALANCE</b>	<b>TRAINING FACTORY STREET STEP</b>
				9h30	10h00

12h15				
<b>TRAINING FACTORY CAF</b>	<b>TRAINING FACTORY WOD</b>	<b>LESMILLS BODYPUMP</b>	<b>LESMILLS LES MILLS CORE</b>	<b>TRAINING FACTORY TOTAL BURN</b>
13h00				

16h30				
<b>TRAINING FACTORY LEG BURN</b>	<b>LESMILLS BODYATTACK</b>	<b>TRAINING FACTORY TOTAL BURN</b>	<b>LESMILLS BODYCOMBAT</b>	<b>TRAINING FACTORY WOD</b>
17h00				
<b>LESMILLS BODYJAM</b>	<b>LESMILLS BODYPUMP</b>	<b>TRAINING FACTORY STREET STEP</b>	17h15	
17h45		<b>TRAINING FACTORY CAF</b>	<b>LESMILLS BODYBALANCE</b>	
18h00				
<b>LESMILLS BODYPUMP</b>	<b>LESMILLS LES MILLS CORE</b>	<b>LESMILLS BODYATTACK</b>	<b>LESMILLS BODYJAM</b>	
18h30		18h45		
18h45	<b>LESMILLS BODYBALANCE</b>	<b>TRAINING FACTORY ABDOSFLASH</b>	<b>TRAINING FACTORY STRETCH</b>	
<b>LESMILLS BODYCOMBAT</b>	19h15			