

PLANNING FITNESS DU 24/08/26 AU 31/12/26

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
08H30	PILATES 45'	YOGA 60'	C A F 45'	YOGA 60'	LES MILLS CORE 30'	CIRCUIT TRAINING 45'
09H30	YOGA 60'		09H30 PILATES 45'		9H00 BODYBALANCE 30'	9H15 ABDOS FLASH 30'
12H15	CAF 45'	WOD 45'	BODYPUMP 45'	LES MILLS CORE 45'	CIRCUIT TRAINING 45'	10H00 STEP 60'
16H30	LEG BURN 30'	BODYATTACK 30'	TOTAL BURN 30'	BODYCOMBAT 60'	WOD 45'	
17H00	BODYJAM 45'	BODYPUMP 45'	STREET STEP 45'	17H30 C A F 45'	17H15 BODYBALANCE 45'	
18H00	BODYPUMP 45'	LES MILLS CORE 45'	BODYATTACK 45'	18H15 STRETCH 30'		
18H45	BODYCOMBAT 45'	LES MILLS PILATES 45'	YOGA 60'			



Club agréé LESMILLS