






# PLANNING FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H30	 AFC	 LES MILLS RPM	 LES MILLS BODYPUMP	 LES MILLS BODYBALANCE	 LES MILLS RPM	10H	10H
10H30	 LES MILLS BODYBALANCE	 pilates	 STRETCH	 pilates		 AFC	 LES MILLS RPM
12H30	 LES MILLS BODYBALANCE  LES MILLS RPM	 LES MILLS BODYPUMP		 AFC  LES MILLS RPM	 STRONG	 LES MILLS BODYBALANCE	11H
17H00				 LES MILLS BODYPUMP			
17H30	 AFC	 LES MILLS BODYBALANCE	 AFC		 ABDOS FLASH		
18H00	 STRONG	 LES MILLS RPM	 LES MILLS RPM  LES MILLS BODYBALANCE	 AFC	 LES MILLS RPM  ZUMBA		
18H30	 LES MILLS RPM	 AFC		 LES MILLS RPM			
18H45	 LES MILLS BODYPUMP		 ZUMBA	 STRONG	 LES MILLS BODYPUMP		
19H30		 STRONG	 LES MILLS BODYPUMP	 LES MILLS BODYBALANCE			
19H45	 LES MILLS RPM  ZUMBA		 LES MILLS RPM				