

PLANNING FITNESS

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