

# PROGRAMME DES COURS

## SUR ECRAN GEANT

Heures	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	Heures
07.30	LesMILLS BODYBALANCE	LesMILLS RPM	LesMILLS BODYPUMP	LesMILLS BODYCOMBAT	LesMILLS CXWORX	LesMILLS BODYCOMBAT	LesMILLS CXWORX	07.30
08.00	LesMILLS RPM	LesMILLS CXWORX	LesMILLS BODYBALANCE	LesMILLS CXWORX	LesMILLS RPM	LesMILLS CXWORX	LesMILLS RPM	08.00
08.30	LesMILLS BODYPUMP	LesMILLS BODYPUMP	55'	LesMILLS BODYPUMP	LesMILLS BODYCOMBAT	LesMILLS RPM	45'	08.30
09.00		55'	LesMILLS CXWORX			45'	LesMILLS BODYBALANCE	09.00
09.30		LesMILLS BODYBALANCE	LesMILLS BODYPUMP			LesMILLS BODYPUMP	55'	09.30
10.00		55'	55'			LesMILLS CXWORX	LesMILLS BODYCOMBAT	10.00
10.30		LesMILLS CXWORX	LesMILLS BODYBALANCE			LesMILLS BODYBALANCE	LesMILLS BODYPUMP	10.30
11.00	LesMILLS BODYCOMBAT	LesMILLS RPM	LesMILLS CXWORX	LesMILLS CXWORX	LesMILLS BODYBALANCE		55'	11.00
11.30	LesMILLS BODYPUMP	LesMILLS BODYPUMP	LesMILLS BODYCOMBAT	LesMILLS BODYPUMP	LesMILLS CXWORX	LesMILLS BODYCOMBAT	LesMILLS CXWORX	11.30
12.00						LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT	12.00
12.15			LesMILLS CXWORX		LesMILLS BODYPUMP			12.15
12.30			LesMILLS BODYBALANCE		55'	LesMILLS SH'BAM	LesMILLS RPM	12.30
13.00			12:45 - 13:15			LesMILLS BODYCOMBAT	45'	13.00
13.30	LesMILLS CXWORX	LesMILLS BODYCOMBAT	LesMILLS SH'BAM	LesMILLS BODYCOMBAT	LesMILLS RPM	LesMILLS CXWORX	LesMILLS CXWORX	13.30
14.00	LesMILLS SH'BAM	LesMILLS BODYPUMP	LesMILLS CXWORX	LesMILLS BODYPUMP	LesMILLS BODYBALANCE	LesMILLS BODYPUMP	LesMILLS BODYPUMP	14.00
14.30	LesMILLS BODYPUMP	55'	LesMILLS BODYBALANCE	LesMILLS CXWORX	LesMILLS CXWORX	55'	55'	14.30
15.00	LesMILLS BODYBALANCE	LesMILLS SH'BAM	LesMILLS BODYPUMP	LesMILLS SH'BAM	LesMILLS BODYPUMP	LesMILLS CXWORX	LesMILLS BODYCOMBAT	15.00
15.30	LesMILLS BODYPUMP	LesMILLS CXWORX	LesMILLS RPM	LesMILLS BODYBALANCE	LesMILLS BODYBALANCE	LesMILLS SH'BAM	LesMILLS BODYBALANCE	15.30
16.00	LesMILLS CXWORX	LesMILLS BODYBALANCE	LesMILLS BODYBALANCE	LesMILLS BODYPUMP	LesMILLS SH'BAM	LesMILLS BODYCOMBAT	LesMILLS SH'BAM	16.00
16.30	LesMILLS RPM	55'	55'	LesMILLS CXWORX	LesMILLS BODYCOMBAT	LesMILLS BODYPUMP	LesMILLS BODYPUMP	16.30
17.00	LesMILLS BODYCOMBAT	LesMILLS RPM	LesMILLS RPM	LesMILLS BODYCOMBAT	LesMILLS CXWORX	LesMILLS RPM	LesMILLS CXWORX	17.00
17.30	LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT	LesMILLS BODYBALANCE	55'	LesMILLS BODYPUMP	45'	LesMILLS RPM	17.30
18.00					55'	LesMILLS BODYPUMP	LesMILLS BODYBALANCE	18.00
18.15								18.15
18.30					LesMILLS RPM	LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT	18.30
19.00					45'	LesMILLS BODYCOMBAT	LesMILLS BODYPUMP	19.00
19.15								19.15
19.30					LesMILLS SH'BAM	LesMILLS CXWORX	LesMILLS SH'BAM	19.30
20.00			LesMILLS BODYPUMP		LesMILLS CXWORX	LesMILLS BODYPUMP	LesMILLS BODYBALANCE	20.00
20.15								20.15
20.30	LesMILLS SH'BAM	LesMILLS BODYBALANCE	LesMILLS CXWORX	LesMILLS CXWORX	LesMILLS BODYPUMP	LesMILLS SH'BAM	LesMILLS CXWORX	20.30
21.00	LesMILLS BODYPUMP	LesMILLS BODYCOMBAT	LesMILLS BODYPUMP	LesMILLS BODYPUMP	LesMILLS BODYCOMBAT	LesMILLS BODYBALANCE	LesMILLS BODYPUMP	21.00
21.30	LesMILLS BODYBALANCE	LesMILLS CXWORX	LesMILLS SH'BAM	LesMILLS SH'BAM	LesMILLS BODYBALANCE	LesMILLS CXWORX	LesMILLS BODYBALANCE	21.30