

PLANNING 2023 - 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12h30 - 13h15	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS RPM	HBX BOXING	LES MILLS BODYBALANCE B TRX Suspension Training®
17h30 - 18h00		HBX BOXING			TRX Suspension Training®
18h05 - 18h35	HBX BOXING	LES MILLS RPM	TRX Suspension Training®	LES MILLS BODYPUMP	LES MILLS BODYBALANCE
18h45 - 19h15	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	HBX BOXING	LES MILLS BODYATTACK	LES MILLS RPM
19h30 - 20h00	LES MILLS RPM			TRX Suspension Training®	HBX BOXING