# Planning du 7 au 13 Février 2022

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|---|---|---|---|---|---|
| 9h15 LesMills RPM 45' | 9h15 LesMills BODYBALANCE | 9h15 CULTURE PHYSIQUE ABDOS FESSIERS | 9h15 pilates | 9h15 LesMills tone | 9h15 LesMills BODYPUMP |
| 10h15 CUISSES ABDOS FESSIERS | 10h15 LesMills BODYPUMP | 10h15 LesMills BODYATTACK | 10h15 GYM DOUCE / 10h CROSS TRAINING open | 10h15 LesMills BODYBALANCE | 10h15 LesMills RPM 45' |
| 11h15 LesMills tone | 11h15 STRETCHING | 11h15 LesMills RPM 45' | 11h15 LesMills BODYJAM | 11h15 pilates | ESPACE FORM www.espace-form.fr |
| 12h35-13h20 HBX BOXING | 12h35-13h20 pilates / HIIT HIGH INTENSITY INTERVAL TRAINING | 12h35-13h20 CROSS TRAINING | 12h35-13h20 OFFICIAL TRX | 12h35-13h20 LesMills RPM 30' | |
| | 16h30 YOGA | | 17h YOGA | | 14h YOGA |
| 18h ABDOS | 18h LesMills RPM 45' / CROSS FEMININ | 18h15 ABDOS FESSIERS / 18H30 CROSS TRAINING XL | 18h HBX BOXING | 18h15 30' LesMills RPM CHALLENGE | **PRESENCE COACHS** |
| 18h30 LesMills BODYPUMP / HIIT HIGH INTENSITY INTERVAL TRAINING | 19h AERO DANCE / HBX BOXING | 19h LesMills BODYPUMP | 19h LesMills RPM 45' | 19h ABDOS | LUNDI AU VENDREDI 9h-14h et 16h30-21h Samedi 9h-12h30 |
| 19h30 LesMills BODYATTACK / OFFICIAL TRX | 20h CULTURE PHYSIQUE ABDOS FESSIERS STRECH | 20h LesMills BODYBALANCE | 20h LesMills BODYCOMBAT | 19h30 LesMills BODYJAM / HIIT HIGH INTENSITY INTERVAL TRAINING | ACCÈS LIBRE SEMAINE 6h-23h ACCÈS LIBRE WEEK END 8h-20h |