

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	07.30 STRECH				08.00 LESMILLS RPM
09.00 FAC	09.00 LESMILLS RPM	09.00 PILATES	09.00 LESMILLS BODYPUMP	09.00 LESMILLS BODYBALANCE	09.00 LESMILLS BODYPUMP
10.00 LESMILLS BODYBALANCE	10.00 FULL BODY Training	10.00 STRECH	10.00 STEP (DEB)	10.00 PILATES	10.00 PILATES
12.30 LESMILLS RPM + ABDOS		12.30 LESMILLS BODYPUMP		12.30 FAC	09.00 LESMILLS RPM
					10.00 FULL BODY Training
17.00 LESMILLS BODYCOMBAT	17.00 AERODANCE	17.00 LESMILLS BODYPUMP	17.00 FAC	17.00 STEP	
17.00 LESMILLS RPM	17.00 LESMILLS RPM	17.00 LESMILLS RPM		17.00 LESMILLS RPM	
18.00 FAC	18.00 LESMILLS BODYPUMP	18.00 FULL BODY Training	18.00 ZUMBA	18.00 YOGA	
18.00 LESMILLS RPM		18.00 LESMILLS RPM			
19.00 PILATES	19.00 LESMILLS BODYBALANCE		19.00 LESMILLS RPM		