


# PLANNING DE COURS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
09H45	<small>LES MILLS</small> <b>CORE</b>	CAF	CIRCUIT TRAINING	BODY SCULPT	CIRCUIT TRAINING	CIRCUIT TRAINING
10H30	YOGA	STRETCHING	ZUMBA	<small>LES MILLS</small> <b>BODYBALANCE</b>	CAF	<small>LES MILLS</small> <b>BODYPUMP</b>
11H15						PILATES
18H15	BODY SCULPT	<small>LES MILLS</small> <b>BODYPUMP</b>	<small>LES MILLS</small> <b>BODYPUMP</b>	CAF	<small>LES MILLS</small> <b>GRIT</b>	
19H00	 <small>LES MILLS</small> <b>DANCE</b>	<small>LES MILLS</small> <b>BODYCOMBAT</b>	CAF	<small>LES MILLS</small> <b>BODYBALANCE</b>	<small>LES MILLS</small> <b>CORE</b>	
19H45	<small>LES MILLS</small> <b>BODYBALANCE</b>	CAF	STRETCHING	PILATES		

Cours sur réservation, sur votre application Resamania V2.

# PLANNING DE COURS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi		Samedi
11H30		LES MILLS RPM			LES MILLS RPM	09H45	WOD Training
						10H30	HBX MOVE
18H15	HBX FUSION	LES MILLS sprint	HBX BOXING	HBX MOVE	HBX BOXING	11H15	LES MILLS sprint
19H00	Format XL	HBX BOXING	LES MILLS sprint	WOD Training	HBX FUSION		
19H45	LES MILLS RPM	WOD Training		LES MILLS RPM			
20H15	WOD Training						

Cours sur réservation, sur votre application Resamania V2.