

# SMALL GROUP TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
09h15	 <b>GRAVITY</b>		 <b>GRAVITY</b>			
10h15	 <b>PILATES</b>			 <b>TRX CORE</b>	 <b>GRAVITY</b>	 <b>GRAVITY</b> <sup>10h</sup>
12h30	 <b>GRAVITY</b>	<b>CROSS TRAINING</b>	 <b>TRX CORE</b>		 <b>YOGA</b>	
17h30	 <b>TRX CORE</b>	 <b>PILATES</b>		 <b>RUNNING</b>	<b>CROSS TRAINING</b>	
18h30	 <b>BOXING TRAINING</b>	<b>CROSS TRAINING</b>	 <b>TRX CORE</b>	 <b>GRAVITY</b>	 <b>BOXING TRAINING</b>	
19h30	 <b>YOGA</b>	 <b>GRAVITY</b>	<b>CROSS TRAINING</b>  <b>YOGA</b>			



# COURS COLLECTIFS

## LES MILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h15					<b>LES MILLS</b> <b>BODYBALANCE</b>	
09h30	<b>ABDOS FLASH</b> 30 MIN					
10h15	<b>GYM SCULPT</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>STRETCHING</b>	<b>GYM</b> <b>SCULPT/STRETCH</b>		<b>LES MILLS</b> <b>BODYBALANCE</b> 10h
11h15		<b>RPM ROAD</b>	<b>RPM RACE</b>		<b>RPM RACE</b> 11h	
12h30	<b>LES MILLS</b> <b>BODYATTACK</b> <b>RPM RACE</b>	<b>GYM SCULPT</b> <b>LES MILLS</b> <b>Sprint</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>RPM RACE</b>	
17h30	<b>RPM ROAD</b>		<b>CARDIO SCULPT</b>			
17h45	<b>LES MILLS</b> <b>BODYPUMP</b> 30 MIN	<b>ABDOS FLASH</b> 30 MIN			<b>LES MILLS</b> <b>BODYBALANCE</b> 30 MIN	
18h30	<b>LES MILLS</b> <b>BODYSTEP</b>	<b>RPM RACE</b>	<b>LES MILLS</b> <b>BODYPUMP</b> <b>LES MILLS</b> <b>sprint</b>	<b>LES MILLS</b> <b>BODYATTACK</b> 1 H	<b>CARDIO SCULPT</b> <b>RPM ROAD</b>	
19h00			<b>LES MILLS</b> <b>BODYPUMP</b> 1 H			
19h30			<b>RPM RACE</b>	<b>ABDOS FLASH</b> 30 MIN <b>RPM RACE</b>		

