

Planning des cours du club de Marseille

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H15	ABDOS FESSIERS 30'					
10H					WORKOUT	GYM ZEN 45'
10H						HBX BOXING CIRCUIT
10H30	TRX	GYM ZEN 45'		CORE TRAINING		
11H						LES MILLS RPM
11H						ZUMBA fitness
12H30	LES MILLS BODYPUMP™	TRX				
12h30	CALORIES KILLER	ZUMBA fitness	CAF 45'	LES MILLS RPM	CORE TRAINING	
18H	LES MILLS BODYPUMP™	LES MILLS SH'BAM	LES MILLS RPM	Mobility	ABDOS FESSIERS 30'	
18H30					MASTER BIKE 1H	
18H30	TRX		LES MILLS BODYCOMBAT	LES MILLS BODYPUMP™	STRETCHING 30'	
18H45		HBX BOXING CIRCUIT		TRX	HBX BOXING CIRCUIT	
19H	LES MILLS RPM	LES MILLS BODYPUMP™	TREM			
19h30	LES MILLS BODYCOMBAT	TREM	GYM ZEN 45'	LES MILLS SH'BAM	CALORIES KILLER	
19H30	HBX BOXING CIRCUIT		HBX BOXING CIRCUIT	LES MILLS RPM		
20H		BIKE EXPRESS 30'				