

Planning des cours **Training-Club**

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30	BODYPUMP (1h00)	RPM	STEP DEBUTANT	BODYPUMP (1h00)	GYM	BODYPUMP (1h00)
10h30	STRETCH	EQUILIBRE & RELAXATION		GYM	STRETCH	RPM
12h30	CARDIO & CORE TRAINING	BODYPUMP			RPM	
17h00 (30mn)	ABDO FLASH	17h30 (1h) PiYO	17h00 CAF	17h00 GYM	17h00 STEP DEBUTANT	
17h30	GYM	18h15 RPM		18h00 BODYPUMP	18h00 (1h) BODYATTACK	
18h30 (1h)	BODYJAM	18h30 (30mn) metafit.	18h00 			
18h30	RPM		19h00 STEP & LIA	19h00 RPM 	19h00 BALANCE	
19h30 (1h)	BODYATTACK	19h15 (1h) BODYPUMP		19h45 		

PLANNING DE COURS A PARTIR DU 04 SEPTEMBRE 2017

LES MILLS
FOR A FITTER PLANET By
TRAINING CLUB

Clara R