

## PLANNING VALSERHONE ÉTÉ 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<b>10:00</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>GRIT</b> CARDIO	<b>WOD TRAINING</b>		<b>CARDIO</b>
<b>11:00</b>						<b>MUSCU</b>
<b>12:15</b>	LES MILLS <b>BODYSTEP</b>	BEST CYCLING 	<b>PILATES</b>	<b>BODY SCULPT</b>		
<b>18:00</b>	BEST CYCLING 	LES MILLS <b>BODYCOMBAT</b>	<b>BODY SCULPT</b>	LES MILLS <b>GRIT</b> STRENGTH	BEST CYCLING 	
<b>19:00</b>	<b>WOD TRAINING</b>	<b>C.A.F</b>	BEST CYCLING 	<b>STRETCH / MOBILITÉ</b>		