

PLANNING À PARTIR DU 17 MARS 2025

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:00	YOGA	GYM DOS	CAF	<small>LES MILLS</small> CORE	TAI CHI	COURS SURPRISE
11:00	PRANAYAMA	<small>LES MILLS</small> CORE	HBX— FUSION	<small>LES MILLS</small> GRIT <small>STRENGTH</small>	QI GONG	COURS SURPRISE
12:30	CAF	<small>LES MILLS</small> GRIT <small>ATHLÉTIC</small>	BOXING	PILATES	HBX— MOVE	
17:30	<small>LES MILLS</small> CORE	HBX— MOVE	PILATES	<small>LES MILLS</small> STRENGTH DEVELOPMENT	<small>LES MILLS</small> GRIT <small>ATHLÉTIC</small>	
18:30	<small>LES MILLS</small> STRENGTH DEVELOPMENT	HBX— FUSION	BODY SCULPT	HIIT	HBX— BOXING	
19:30	PILATES	HBX— BOXING	<small>LES MILLS</small> GRIT <small>STRENGTH</small>	CAF	<small>LES MILLS</small> CORE	