FIGHTNESS Fitness Club

# PLANNING FITNESS

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 7H00 | 7H00 | 7H00 | 7H00 | 7H00 | 8H00 | 8H00 |
| | | 10H00 LesMills BODYBALANCE 55 MIN | | | 9H00 LesMills BODYBALANCE 55 MIN | |
| 12H15 LesMills RPM 45 MIN | 12H15 LesMills BODYPUMP 45 MIN | 12H15 LesMills RPM 45 MIN | 12H30 LesMills CORE 30 MIN | 12H30 LesMills BODYCOMBAT 30 MIN | 10H00 LesMills BODYPUMP 55 MIN | |
| 12H30 LesMills BODYBALANCE 30 MIN | | | | | | 13H00 |
| 17H30 LesMills CORE 30 MIN | | 17H30 LesMills BODYPUMP 30 MIN | | | 18H00 | |
| 18H15 LesMills RPM 45 MIN | 18H00 LesMills RPM 45 MIN | 18H15 LesMills BODYBALANCE 55 MIN | 18H00 LesMills CORE 45 MIN | 18H00 LesMills RPM 45 MIN | | |
| 18H15 LesMills BODYPUMP 55 MIN | 18H00 LesMills BODYCOMBAT 55 MIN | | 19H00 LesMills RPM 45 MIN | | | |
| 19H30 LesMills BODYCOMBAT 45 MIN | 19H15 LesMills BODYPUMP 45 MIN | | | | | |
| 22H00 | 22H00 | 22H00 | 22H00 | 22H00 | | |