FIGHTNESS Fitness Club

PLANNING FITNESS

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