

# Votre semaine Fitness/la forme

| Lundi                                | Mardi                                | Mercredi                             | Jeudi                                | Vendredi                             | Samedi                               |
|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
|                                      | 9h30 <b>LES MILLS SH'BAM</b> 🔄       | 9h30 <b>LES MILLS CXWORX</b> 🔄       | 9h30 <b>TBC</b> 🔄                    | 9h30 <b>C.A.F</b> 🔄                  |                                      |
| 10h05 <b>LES MILLS BODYPUMP</b> 🔄    | 10h15 <b>TBC</b> 🔄                   | 10h00 <b>LES MILLS BODYBALANCE</b> 🔄 | 10h30 <b>SELF DEFENSE</b> 🔄          | 10h15 <b>LES MILLS SH'BAM</b> 🔄      | 10h30 <b>C.A.F</b> 🔄                 |
| 10h40 <b>LES MILLS BODYBALANCE</b> 🔄 |                                      |                                      |                                      |                                      | 11h15 <b>LES MILLS BODYBALANCE</b> 🔄 |
| 12h30 <b>LES MILLS SH'BAM</b> 🔄      |                                      | 12h30 <b>CROSS TRAINING</b> 🔄        | 12h30 <b>LES MILLS BODYBALANCE</b> 🔄 | 12h30 <b>LES MILLS BODYPUMP</b> 🔄    |                                      |
| 17h30 <b>C.A.F</b> 🔄                 | 17h30 <b>LES MILLS BODYPUMP</b> 🔄    | 17h45 <b>LES MILLS CXWORX</b> 🔄      | 17h30 <b>STEP DEB.</b> 🔄             | 18h00 <b>LES MILLS CXWORX</b> 🔄      |                                      |
| 18h30 <b>LES MILLS BODYATTACK</b> 🔄  | 18h30 <b>STEP INT.</b> 🔄             | 18h30 <b>LES MILLS BODYATTACK</b> 🔄  | 18h30 <b>LES MILLS BODYPUMP</b> 🔄    |                                      |                                      |
|                                      | 19h30 <b>LES MILLS BODYBALANCE</b> 🔄 |                                      | 19h30 <b>LES MILLS SH'BAM</b> 🔄      | 19h40 <b>LES MILLS BODYBALANCE</b> 🔄 |                                      |

| Lundi                        | Mardi                        | Mercredi                     | Jeudi                        | Vendredi                     | Samedi                      |
|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|-----------------------------|
| 9h30 <b>LES MILLS RPM</b> 🔄  |                              | 10h40 <b>HBX BOXING</b> 🔄    |                              | 10h15 <b>HBX BOXING</b> 🔄    | 9h30 <b>LES MILLS RPM</b> 🔄 |
| 12h30 <b>HBX BOXING</b> 🔄    | 12h30 <b>LES MILLS RPM</b> 🔄 |                              | 12h30 <b>LES MILLS RPM</b> 🔄 |                              |                             |
|                              | 12h30 <b>HBX BOXING</b> 🔄    |                              |                              |                              |                             |
| 18h30 <b>LES MILLS RPM</b> 🔄 | 18h40 <b>LES MILLS RPM</b> 🔄 |                              | 17h30 <b>LES MILLS RPM</b> 🔄 |                              |                             |
| 19h40 <b>HBX BOXING</b> 🔄    | 18h45 <b>HBX BOXING</b> 🔄    | 19h00 <b>LES MILLS RPM</b> 🔄 | 18h30 <b>HBX BOXING</b> 🔄    | 18h45 <b>LES MILLS RPM</b> 🔄 |                             |