

# PLANNING FITNESS

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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATINÉE	9H30 <b>LES MILLS BODYBALANCE</b>	9H30 <b>LES MILLS CORE</b>	9H30 <b>LES MILLS BODYPUMP</b>	9H30 <b>GYM ESSENTIELLE</b>	9H30 <b>LES MILLS DANCE</b>	
			10H15 <b>STRETCHING</b>		10H15 <b>STRETCHING</b>	10H <b>LES MILLS BODYPUMP</b>
MIDI		12H30 <b>LES MILLS BODYCOMBAT</b>		12H30 <b>LES MILLS BODYPUMP</b>	12H30 <b>LES MILLS BODYBALANCE</b>	11H15 <b>LES MILLS BODYBALANCE</b>
SOIRÉE	17H30 <b>LES MILLS CORE</b>	17H45 <b>STEP</b>	17H30 <b>LES MILLS GRIT</b>	17H45 <b>LES MILLS CORE</b>	17H45 <b>LES MILLS BODYPUMP</b>	
	18H <b>LES MILLS BODYPUMP</b>	18H15 <b>LES MILLS BODYBALANCE</b>	18H <b>LES MILLS BODYATTACK</b>	18H15 <b>LES MILLS DANCE</b>	18H30 <b>LES MILLS GRIT</b>	
	19H <b>LES MILLS BODYATTACK</b>	19H <b>LES MILLS BODYCOMBAT</b>	18H30 <b>LES MILLS CORE</b>	19H <b>LES MILLS BODYPUMP</b>	19H <b>PILATES</b>	
	20H <b>LES MILLS DANCE</b>	20H <b>LES MILLS BODYPUMP</b>	19H15 <b>CAF / STRETCHING</b>	20H <b>LES MILLS BODYATTACK</b>		
			20H <b>STRETCHING MOBILITÉ</b>			

**OUVERTURES**  
 LUNDI : 9H-21H  
 MARDI : 9H-14H / 17H-21H  
 MERCREDI : 9H-14H / 17H-21H  
 JEUDI : 9H-14H / 17H-21H  
 VENDREDI : 9H-20H  
 SAMEDI 9H-13H