PLANNING DE COURS COLLECTIFS

LUNDI		
SALLE DE COURS	O'CLUB ZONE	STUDIO RPM
8h30 TRX		
9h15 CAF		
10h00 Pilates		
12h20 Cross Training		
	16h15 O'Club Training	
17h30 Bodypump		17h30 RPM
18h30 LesMills Dance		
	19h00 O'Club Training	19h00 RPM

MARDI		
SALLE DE COURS	O'CLUB ZONE	STUDIO RPM
	7h00 O'Club Training	
8h15 TRX		
		9h15 RPM
10h15 Mobilité		
12h20-13h05 CAF		
17h30 Boxe Training		
18h15 CAF		
	19h00 O'Club Training	

MERCREDI		
SALLE DE COURS	O'CLUB ZONE	STUDIO RPM
9h00 O'Club Training		
10h00 TRX		
	12h20 O'Club Training	12h20 RPM 30'
16h00 Fit Kids	16h15 O'Club Training	
		17h30 RPM
18h15 Bodypump		
19h00 LesMills Dance	19h00 O'Club Training	

JEUDI		
SALLE DE COURS	O'CLUB ZONE	STUDIO RPM
8h15 TRX		
9h15 CAF		
10h00 Pilates		
12h20 100% Abdos		
	15h15 TRX	
	17h30 O'Club Training	
18h30 TRX		18h30 RPM
19h15 Mobilité		

VENDREDI		
SALLE DE COURS	O'CLUB ZONE	STUDIO RPM
9h15 TRX		9h15 RPM
10h00 Mobilité		
12h20 Cross Training		
18h15 YOGA		

SAMEDI		
SALLE DE COURS	O'CLUB ZONE	STUDIO RPM
		9h15 RPM
10h00 Cross Training		