

PLANNING DES COURS COLLECTIFS 2023

Les cours cinéma sont en libre accès, 73/7, DE 6H À 23H, en dehors des cours en Live.

	ODI			L				re acces, 73/		, 5 3		
	LUNDI	MA	ARDI	MERC	REDI	JE	JDI	VENDR	EDI	SAMED		BODYBALANCE O
	10H		10H	10H	Н		DH	10H		9H3O		LESMILLS BODYCOMBAT
Z	C.A.F.	Pila	ates 🍜	Weal	bdo 🐠	LesMILLS BODYPU	MP 🐠	LesMill RPM	45	C.A.F.	45	BODYATTACK O
MATIN	10H45				10H30				10H45		10H15	
	weStretch (weStretch 49		BODYBALANCE &		ICE 45	WeStretch (15)		BODYPUMP O CORE O
	12H30 12H30		12H30		12H30 12H30		12H30		12H30		WeMove 45	LESMILLS SH'BAM
	STAN GROUP LESMILI		1		LesMILLS BODYBALANCE THE TRIP				SMALL GROUP			LESMILLS O
MIDI	45 A5		UMP 45	45 A5		C.A.F.		TRAINING 45		11H30 LESMILLS RPM	45	sprint (D
												STHE TRIP
	17H00				17H00				17H00			IMMERSIVE FITNESS
	wecoach			wecoa	ch 🥶			WeCoaci	45	11/2		X
			17H45									
	17H45	1	7H45	17H4	45	171-	145	17H45	17H45	W	6	2
				LesMills			4	THE TRIP	MALL GROUP TRAINING	1	(b) c	
	BODYBALANCE	G.	4.F. 45	LesMILLS BODYPUI	MP &	Wesc	ulpt 🍜	THE TRIP			(C)	
~	LESMILLS BODYBALANCE 18H30 18H00	18H30	A.F. 43	LesMILLS BODYPUI 18H3	MP &	18H30	18H45	THE TRIP	MALL GROUP TRAINING			
OIR	LESMILLS BODYBALANCE 18H30 18H00 LESMILLS BODYPUMP RPM	18H30 5 SEP	18H00 THE TRIP	LESMILLS BODYPUA 18H3 LESMILLS	MP 45	18H30	18H45 LESMILLS RPM	THE TRIP	MANL GROUP TRAINING 43			
SOIR	LESMILLS BODYBALANCE 18H30 18H00 LESMILLS BODYPUMP 45 45 45	18H30 5 Sigp	18H00 THE TRIP	LesMills BODYPU/ 18H3 LesMills BODYATT/	MP 45 30 ACK 45	18H30 LESWILLS BODYBALANCE	18H45 LESMILLS RPM 43	THE TRIP	MANL GROUP TRAINING 43			
SOIR	18H30 18H00 LESMILLS BODYPUMP LSS 19H15 19H15	18H30 5 Step 45 19H15	18H00 THE TRIP 19H15	LesMills BODYPUI 18H3 LesMills BODYATTI	MP 45 30 ACK 45 19H15	18H30 LESWILLS BODYBALANCE	18H45 LESMILLS RPM \$\delta\$ 45	THE TRIP	MALL GOUP TRAINING			
SOIR	18H30 18H00 LESMILLS BODYPUMP 45 19H15 19H15 LESMILLS BODYCOMBAT RPM	18H30 Stap 19H15 Lesmills BODYBALANCE	18H00 THE TRIP 19H15 LESMILLS RPM	LESMILLS BODYPUI 18H3 LESMILLS BODYATTI 19H15 We Dance	MP 45 30 ACK 45 19H15 LesMills RPM	18H30 LESWILLS BODYBALANCE	18H45 LESMILLS RPM \$\int_{45}^{\int}\$ H15	THE TRIP	MALL GOUP TRAINING			
SOIR	18H30 18H00 LESMILLS BODYPUMP 45 19H15 19H15 LESMILLS BODYCOMBAT 45 45 LESMILLS RPM 45 45	18H30 5 STOP 45 19H15 5 BODYBALANCE	18H00 THE TRIP 19H15 LESMILLS RPM 43	LesMills BODYPUI 18H3 LesMills BODYATTI 19H15 We Dance	MP 45 30 ACK 45 19H15 Lesmills RPM 45	18H30 LESSMILES BODYBALANCE 45 19H	18H45 LESMILLS RPM \$ 45	THE TRIP	MALL GOUP TRAINING			
SOIR	18H30 18H00 LESMILLS BODYPUMP 45 SS 45 19H15 19H15 LESMILLS BODYCOMBAT 45 SS 45	18H30 5 SEP 19H15 LESMILLS BODYBALANCE	18H00 THE TRIP 19H15 LESMILLS RPM 19H5 LESMILLS RPM 19H16	LESMILLS BODYPUI 18H3 LESMILLS BODYATTI 19H15 We Dance	MP 43 30 ACK 45 19H15 LESMILLS RPM 45 45	18H30 LESSMILLS BODYBALANCE 19H	18H45 LESMILLS RPM St 45 H15 OH	THE TRIP	MALL GOUP TRAINING			
SOIR	18H30 18H00 LESMILLS BODYPUMP 45 19H15 19H15 LESMILLS BODYCOMBAT 45 45 LESMILLS RPM 45 45	18H30 5 STOP 45 19H15 5 BODYBALANCE	18H00 THE TRIP \$\int_{0}^{\square \text{15}}\$ 19H15 LESMILLS RPM \$\int_{0}^{\square \text{15}}\$ 20H \$\int_{0}^{\square \text{15}}\$	LesMills BODYPUI 18H3 LesMills BODYATTI 19H15 We Dance	MP 45 30 ACK 45 19H15 Lesmils RPM 45 45	18H30 LESSMILES BODYBALANCE 45 19H	18H45 LESMILLS RPM St 45 H15 OH	THE TRIP	MALL GOUP TRAINING			

5B allée de Gascogne C CIAL "Les portes du Gers" - 31470 FONSORBES





LATELIER .31200 TO