

# PLANNING BE ENERGY

|       | LUNDI                     | MARDI                         | MERCREDI           | JEUDI                            | VENREDI                  | SAMEDI                        | DIMANCHE                  |
|-------|---------------------------|-------------------------------|--------------------|----------------------------------|--------------------------|-------------------------------|---------------------------|
| 10H   | <b>PILATES</b> 1h         |                               |                    |                                  |                          | <b>LES MILLS BODYPUMP</b> 45' | <b>LES MILLS RPM</b> 45'  |
| 11H   |                           |                               |                    |                                  |                          | <b>LES MILLS RPM</b> 45'      | <b>LES MILLS CORE</b> 45' |
| 12H30 | <b>LES MILLS CORE</b> 30' | <b>LES MILLS BODYPUMP</b> 45' | <b>PILATES</b> 45' | <b>LES MILLS BODYBALANCE</b> 45' | <b>LES MILLS RPM</b> 45' |                               |                           |

|       |                                  |                                 |                                  |                                 |                                  |
|-------|----------------------------------|---------------------------------|----------------------------------|---------------------------------|----------------------------------|
| 17H30 |                                  | <b>LES MILLS CORE</b> 30'       |                                  |                                 | <b>FIT &amp; FLOW BARRE</b> 30'  |
| 18H   | <b>LES MILLS BODYPUMP</b> 45'    | <b>SPRINT</b> 30'               | <b>LES MILLS RPM</b> 45'         | <b>PILATES</b> 45'              |                                  |
| 18H15 | <b>LES MILLS RPM</b> 45'         | <b>LES MILLS BODYCOMBAT</b> 45' | <b>CEREMONY STUDIO</b> 45'       | <b>SPRINT</b> 30'               | <b>LES MILLS CORE</b> 45'        |
| 19H   | <b>CEREMONY STUDIO</b> 45'       | <b>LES MILLS BODYPUMP</b> 45'   | <b>SPRINT</b> 30'                | <b>LES MILLS BODYCOMBAT</b> 45' | <b>LES MILLS BODYBALANCE</b> 45' |
| 19H15 | <b>SPRINT</b> 30'                | <b>LES MILLS RPM</b> 45'        | <b>LES MILLS BODYPUMP</b> 45'    | <b>LES MILLS RPM</b> 45'        |                                  |
| 20H   | <b>LES MILLS BODYBALANCE</b> 45' | <b>STRETCHING</b> 30'           | <b>LES MILLS BODYBALANCE</b> 45' | <b>LES MILLS BODYPUMP</b> 45'   |                                  |