

# L'ARENE



# PLANNING COURS

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	HORAIRES
6H35	LES MILLS BODYPUMP	LES MILLS GRIT   STRENGTH	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	LES MILLS BODYATTACK	LES MILLS GRIT   PLYO	LES MILLS BODYPUMP	6H35
7H05	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	7H05
8H05	LES MILLS GRIT   PLYO	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	8H05
9H05	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	LES MILLS BODYATTACK	LES MILLS GRIT   PLYO	LES MILLS BODYPUMP	LES MILLS GRIT   PLYO	LES MILLS GRIT   CARDIO	9H05
9H35	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS GRIT   STRENGTH	LES MILLS BODYCOMBAT	LES MILLS GRIT   PLYO	LES MILLS BODYATTACK	LES MILLS GRIT   STRENGTH	9H35
10H05	LES MILLS GRIT   PLYO	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS GRIT   CARDIO	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	10H05
11H05	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	11H05
12H05	LES MILLS GRIT   CARDIO	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS GRIT   CARDIO	LES MILLS GRIT   PLYO	12H05
12H35	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	LES MILLS GRIT   PLYO	LES MILLS GRIT   CARDIO	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	12H35
13H05	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	13H05
13H35	LES MILLS GRIT   STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS GRIT   STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	13H35
14H05	LES MILLS BODYPUMP	LES MILLS GRIT   STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS GRIT   PLYO	LES MILLS BODYPUMP	LES MILLS GRIT   STRENGTH	14H05
14H35	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS GRIT   PLYO	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	14H35
15H05	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	15H05
16H05	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	LES MILLS BODYATTACK	LES MILLS GRIT   PLYO	LES MILLS BODYCOMBAT	16H05
17H05	LES MILLS GRIT   PLYO	LES MILLS GRIT   CARDIO	LES MILLS GRIT   STRENGTH	LES MILLS BODYCOMBAT	LES MILLS GRIT   STRENGTH	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	17H05
17H35	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS GRIT   STRENGTH	LES MILLS BODYPUMP	17H35
18H05	LES MILLS BODYPUMP	LES MILLS GRIT   STRENGTH	LES MILLS BODYATTACK	LES MILLS GRIT   PLYO	LES MILLS GRIT   CARDIO	LES MILLS BODYATTACK	LES MILLS BODYATTACK	18H05
18H35	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	LES MILLS GRIT   STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	18H35
19H05	LES MILLS GRIT   CARDIO	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	LES MILLS GRIT   STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	19H05
19H35	LES MILLS BODYPUMP	LES MILLS GRIT   PLYO	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS GRIT   STRENGTH	LES MILLS GRIT   CARDIO	LES MILLS GRIT   CARDIO	19H35
20H05	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	20H05
21H05	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	21H05
22H05	LES MILLS BODYATTACK	LES MILLS GRIT   STRENGTH	LES MILLS BODYPUMP	LES MILLS GRIT   CARDIO	LES MILLS GRIT   PLYO	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	22H05

6H-23H

7J/7

2600 m<sup>2</sup>

PARKING GRATUIT

