

TB PLANNING COURS CO

> ANNÉE 2025 | SEMAINE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
6:15	 		BIKE			
8:15	BIKE	LES MILLS CORE		BIKE	SUSPENSION FLOW	BIKE
9:15						 
12:00	BIKE	ATHLETIX	LES MILLS BODYPUMP	BIKE	LES MILLS CORE	
16:30	YOGA 					
17:30	LES MILLS CORE	  OU BIKE	ATHLETIX	LES MILLS BODYPUMP	BIKE	
18:30	LES MILLS BODYPUMP	BOXING 	STRETCHING	 		