PLANNING DU STUDIO FITNESS

MY FITNESS CLUB

HEURES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	HEURES	SAMEDI	DIMANCHE
GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 9H00
9H30	LesMills CXWORX	LesMills BODYPUMP	LesMills BODYBALANCE	BODY SCULPT	LesMills RPM		9H30 LesMills BODYPUMP	9H45 LesMills sprint
10H00	LesMills RPM							
						10H30	LesMills RPM	LesMills BODYPUMP LesMills CXWORX
12H00	LesMills CXWORX			LesMills CXWORX	LesMills CXWORX			
12H30	LesMills sprint	LesMills BODYPUMP LesMills CXWORX	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills sprint			
								THE END 13H00
17H30	LesMills BODYPUMP		LesMills BODYPUMP	LesMills BODYATTACK LesMills CXWORX	LesMills BODYPUMP LesMills CXWORX		THE END 17H00	
17H30		LesMills RPM	LesMills sprint		LesMills RPM			
18H30	LesMills BODYCOMBAT	LesMills BODYPUMP LesMills CXWORX	LesMills BODYCOMBAT	LesMills BODYPUMP	SELF DEFENSE			
18H30	LesMills RPM	LesMills sprint		LesMills RPM	LesMills sprint			
19H30	ZUMBA FITNESS	LesMills BODYATTACK	LesMills BODYPUMP LesMills CXWORX	LesMills BODYCOMBAT	LesMills BODYBALANCE			
19H30	LesMills sprint		LesMills RPM					
THE END 22H00	THE END 22H00	THE END 22H00	THE END 22H00	THE END 22H00	THE END 22H00			

PLANNING DU STUDIO FITNESS

MY FITNESS CLUB

HEURES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	HEURES	SAMEDI	DIMANCHE
GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 7H00	GOOD MORNING 9H00
9H30	LesMills CXWORX	LesMills BODYPUMP	LesMills BODYBALANCE	BODY SCULPT	LesMills RPM		9H30 LesMills BODYPUMP	9H45 LesMills sprint
10H00	LesMills RPM							
						10H30	LesMills RPM	LesMills BODYPUMP LesMills CXWORX
12H00	LesMills CXWORX			LesMills CXWORX	LesMills CXWORX			
12H30	LesMills sprint	LesMills BODYPUMP LesMills CXWORX	LesMills BODYBALANCE	LesMills BODYCOMBAT	LesMills sprint			
								THE END 13H00
17H30	LesMills BODYPUMP		LesMills BODYPUMP	LesMills BODYATTACK LesMills CXWORX	LesMills BODYPUMP LesMills CXWORX		THE END 17H00	
17H30		LesMills RPM	LesMills sprint		LesMills RPM			
18H30	LesMills BODYCOMBAT	LesMills BODYPUMP LesMills CXWORX	LesMills BODYCOMBAT	LesMills BODYPUMP	SELF DEFENSE			
18H30	LesMills RPM	LesMills sprint		LesMills RPM	LesMills sprint			
19H30	ZUMBA FITNESS	LesMills BODYATTACK	LesMills BODYPUMP LesMills CXWORX	LesMills BODYCOMBAT	LesMills BODYBALANCE			
19H30	LesMills sprint		LesMills RPM					
THE END 22H00	THE END 22H00	THE END 22H00	THE END 22H00	THE END 22H00	THE END 22H00			