



MEGAfit

PLANNING

FÈS DOKKARAT - MIXTE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE		
OUVERTURE À 06h00									
07H00	BOXE	CAF	RENFORCEMENT	SPINNING	GRIT PLYO	OUVERTURE À 07h00			
08H00	AQUA fit	STRETCHING	AQUA Dynamique	XTREME ABDOS	AQUA fit				
09H00	CARDIO ET ACCOMPAGNEMENT			CARDIO TRAINING					
10H00	<i>Extrem Abdos</i>	BOXE	TABATA		<i>Abdos Special</i>				
11H00	CARDIO TRAINING	SPINNING	AQUA Bike	BOXE	AQUA Gym			MEGA TRX	BOXE
12H00	AQUA Gym	LES MILLS BODYPUMP	SPINNING	YOGA				YOGA	PILATES
REVEIL MUSCULAIRE									
17H30	AERO BOXING <small>LES MILLS RPM</small>	SWISS BALL BOXE	BODY BARRE CROSS fit	MEGA GRIT MUAY-THAI	AQUA Dynamique <small>LES MILLS BODYCOMBAT</small>				
18H30	SPINNING <small>LES MILLS BODYPUMP</small> AQUA Dynamique	<small>LES MILLS RPM</small> MEGA CROSS	STEP CARDIO BOXE AQUA fit	<small>LES MILLS RPM</small> CROSS fit <small>LES MILLS BODYTACK</small>	HIIT WORKOUT <small>LES MILLS RPM</small> AQUA Gym	<i>Abdos Special</i>	<small>LES MILLS RPM</small>		
19H30	<small>LES MILLS BODYCOMBAT</small> <small>LES MILLS RPM</small> AQUA Fusion	CARDIO CIRCUIT SPINNING	<small>LES MILLS BODYPUMP</small> CAF AQUA Gym	CARDIO BOXE <small>LES MILLS RPM</small>	SPINNING <small>LES MILLS BODYPUMP</small> AQUA Dynamique	<small>LES MILLS BODYPUMP</small>	<i>Extrem Abdos</i>		
20H30	<i>Abdos Special</i> BOXE	BOXE YOGA	<small>LES MILLS RPM</small> AQUA Dynamique	CIRCUIT <small>LES MILLS BODYPUMP</small>	YOGA AQUA Gym	FERMETURE À 22H00			
21H30	STRETCHING	<small>LES MILLS RPM</small>	AQUA Fusion	MEGA TRX	BOXE				
FERMETURE À 00H00									

LES MILLS

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PLANNING

FÈS DOKKARAT - FEMMES

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
OUVERTURE À 07h00						OUVERTURE À 08h00	
09H00	TABATA	C.A.F	RENFORCEMENT	STEP	MEGA <i>WORX</i>	TAF	
10H00	BOXE	SPINNING	GYM BALL	AFRO BEAT	LES MILLS RPM	SPINNING	CIRCUIT
		AQUA Gym		AQUA Bike			
11H00	Abdos <i>Special</i>	ZUMBA	LES MILLS RPM	LES MILLS BODYPUMP	PILOXING	ORIENTAL	Abdos <i>Special</i>
				AQUA Gym		AQUA Bike	
12H00	STRETCHING	YOGA	LES MILLS BODYBALANCE	Extrem Abdos	C.A.F	PILATES	
		AQUA Dynamique		AQUA Ball		AQUA Fit	
REVEIL MUSCULAIRE							
15H30	TAF	CIRCUIT	STEP CARDIO	CIRCUIT	Abdos <i>Special</i>	CARDIO ET ACCOMPAGNEMENT	
16H30	LES MILLS RPM	GYM BALL	MEGA <i>WORX</i>	SPINNING	LES MILLS BODYPUMP	CAF	
		AQUA Gym		AQUA Gym			
17H30	STEP	LES MILLS RPM	C.A.F	LES MILLS BODYCOMBAT	SPINNING	TABATA	TAF
		AQUA Fusion		AQUA Fusion	MEGA TRX		
18H30	GRIT	LES MILLS BODYPUMP	LES MILLS RPM	Gym BALL	LES MILLS BODYCOMBAT	YOGA	CROSS FIT
		AQUA Fit	MEGA TRX	AQUA Fusion			
19H30	ZUMBA	ORIENTAL	YOGA	ORIENTAL	ZUMBA	AQUA Gym	
		AQUA Dynamique					
FERMETURE À 22h00							

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