

PLANNING Fès - Marjane

Fès Marjane - FEMMES

LES MILLS

MATRIX
Strong - Smart - Beautiful

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planning ici



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

OUVERTURE A 07H00

OUVERTURE A 09H00

09H00	LES MILLS BODYPUMP	PEACH PUMP	PUSH&PULL	TABATA POWER	POWER STRENGTH	SWEAT &STRENGTH	
10H00	AQUA SCULPT SWEAT &SPIN	FAT BURNER	SWEAT &SPIN	CORE & GLUTES	Gym BALL	STEP	TABATA POWER
11H00	ORIENTAL	LES MILLS BODYATTACK	ABS ATTACK AQUA SCULPT	LES MILLS RPM	AQUA FIT Salsa	POWER CIRCUIT	CORE STRENGTH
12H00	WIND-DOWN STRETCH AQUA HIIT	YOGA	AQUA FIT ZUMBA	LES MILLS BODYBALANCE	AQUA FIT YOGA	PILATE	

RÉVEIL MUSCULAIRE

15H30	POWER CIRCUIT	PUSH&PULL	CORSS TRAINING	SWEAT &STRENGTH	FULL BODY STRENGTH		
16H30	PEACH PUMP AQUA GYM	SWEAT &SPIN	PEACH PUMP	ABS ATTACK	SWEAT &SPIN	CORSS TRAINING	
17H30	LES MILLS RPM AQUA FUSION	STEP	Gym BALL AQUA FUSION	LES MILLS BODYPUMP MEGA TRX	AQUA FUSION BODYPUMP	CORE & GLUTES	CORSS TRAINING
18H30	ZUMBA AQUA DYNAMIQUE	LES MILLS BODYPUMP	AQUA FUSION GRIT	LES MILLS RPM	AQUA FUSION BODYATTACK	FAT BURNER	POWER CIRCUIT
19H30	PILATE	Salsa Dance	YOGA	ORIENTAL	AFRO Dance	WIND-DOWN STRETCH	

FERMETURE A 22H00

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Fès Marjane - Mixte

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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
OUVERTURE A 06H00							
07H00	LES MILLS BODYPUMP	SWEAT & STRENGTH	LES MILLS RPM	LES MILLS BODYATTACK	GRIT	OUVERTURE A 07H00	
08H00	TABATA POWER	AQUA FIT	CROSS FIT	AQUA FUSION	POWER CIRCUIT		
10H00	POWER CIRCUIT	LES MILLS BODYCOMBAT	FULL BODY BURN	AQUA FIT	ABS ATTACK	AQUA FUSION SWEAT & SPIN	
12H00	FAT BURNER	AQUA GYM	WIND-DOWN STRETCH	LES MILLS BODYBALANCE		YOGA	LIFT & sweat
RÉVEIL MUSCULAIRE							
17H30	PUSH&PULL	LES MILLS RPM	SWEAT & SPIN	LES MILLS BODYPUMP MEGA TRX	LIFT & sweat	AQUA FIT	
18H30	LES MILLS BODYCOMBAT LES MILLS RPM	LES MILLS BODYPUMP AQUA FIT CIRCUIT	LES MILLS BODYCOMBAT BOXE CROSS FIT	GRIT BOXE	LES MILLS RPM LES MILLS BODYPUMP	SWEAT & STRENGTH	LES MILLS RPM
19H30	LES MILLS BODYPUMP BOXE CROSS FIT	LES MILLS BODYATTACK AQUA HIT MEGA TRX	LES MILLS RPM LES MILLS BODYPUMP	LES MILLS RPM LIFT & BURN	LES MILLS BODYCOMBAT CROSS FIT	LES MILLS BODYATTACK	CORE STRENGTH
20H30	CORE STRENGTH	BOXE PILATES	LES MILLS BODYBALANCE	AQUA FIT CIRCUIT	CORE STRENGTH	AQUA FUSION	
21H30	WIND-DOWN STRETCH	CROSS FIT	MEGA TRX	AQUA FUSION	BOXE	FERMETURE A 22H00	
FERMETURE A 00H00							