

















# PLANNING - SAINT-RAPHAEL

JANVIER 2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					9h00  <b>YOGA</b>
9h30 <b>LesMILLS BODYPUMP</b>	9h30 <b>LesMILLS BODYBALANCE</b>	9h30 <b>LesMILLS RPM</b> 45mn	9h30 <b>LesMILLS BODYPUMP</b>	9h30 <b>LesMILLS RPM</b> 45mn	10h00 <b>LesMILLS BODYPUMP</b>
10h30 <b>LesMILLS BODYBALANCE</b>	10h30  <b>ABDOS FESSIERS</b>	10h30  <b>STRETCHING</b>	10h30  <b>PILATES</b>	10h30 <b>LesMILLS BODYBALANCE</b>	11h00 <b>LesMILLS RPM</b> 60mn
12h30 <b>LesMILLS RPM</b> 45mn	12h30  <b>CROSS TRAINING</b>	12h30  <b>PILATES</b>	12h30 <b>LesMILLS RPM</b> 30mn	12h30  <b>CROSS TRAINING</b>	
12h30 <b>LesMILLS BODYBALANCE</b>					
17h45  <b>BOXING</b>		17h45  <b>YOGA</b>	17h45  <b>ABDOS FESSIERS</b>	17h45 <b>LesMILLS BODYBALANCE</b>	
18h30 <b>LesMILLS BODYPUMP</b>	18h30  <b>CROSS TRAINING</b>	18h30 <b>LesMILLS RPM</b> 45mn	18h30  <b>BOXING</b>	18h30  <b>CROSS TRAINING</b>	
19h15  <b>ZUMBA</b>	18h30 <b>LesMILLS RPM</b> 45mn	<b>NEW</b> 19h30  <b>SWISS BALL</b>	19h15 <b>LesMILLS RPM</b> 60mn		
	19h30 <b>LesMILLS BODYBALANCE</b>		19h15  <b>PILATES</b>		

Retrouvez ces cours dans la

**SALLE COURS**

**SALLE RPM**

**HORAIRE OUVERTURE 7J/7**  
du lundi au dimanche 6h - 23h