



PLANNING DES COURS

À PARTIR DU 02 SEPT 2024



LUNDI

09h00-21h00

STUDIO 1	STUDIO RPM	PLATEAU	EXTÉRIEUR
10H00/60MN CUISSES ABDOS FESSIERS			
12H25/45MN BODYPUMP LESMILLS	12H30/45MN RPM LESMILLS	12H35/45MN CROSS TRAINING	
17H30/30MN CIRCUIT ABDOS		17H45/45MN CROSS TRAINING	
18H05/45MN BODYPUMP LESMILLS	18H00/45MN RPM LESMILLS	18H30/45MN CROSS TRAINING	
19H00/45MN BODYCOMBAT LESMILLS	19H15/45MN RPM LESMILLS	19H15/45MN CROSS TRAINING	

MARDI

07h00-21h00

STUDIO 1	STUDIO RPM	PLATEAU	EXTÉRIEUR
		07H00/60MN CROSS TRAINING	
10H00/60MN PILATES			
12H30/45MN BODY SCULPT		12H25/45MN CROSS TRAINING	
17H30/30MN CIRCUIT ABDOS			
18H10/45MN STEP	18H00/45MN RPM LESMILLS	18H00/45MN CROSS TRAINING	
19H00/45MN BODYBALANCE LESMILLS	19H00/45MN RPM LESMILLS	19H00/45MN CROSS TRAINING	19H00/45MN CIRCUIT TRAINING

MERCREDI

09h00-21h00

STUDIO 1	STUDIO RPM	PLATEAU	EXTÉRIEUR
12H30/45MN BODYBALANCE LESMILLS	12H35/45MN RPM LESMILLS	12H25/45MN CROSS TRAINING	
17H30/30MN BOOTY BURN			
18H10/60MN BODYPUMP LESMILLS XL	18H00/45MN RPM LESMILLS	17H45/45MN CROSS TRAINING TECHNIQUE	
19H00/45MN PILATES	19H15/45MN RPM LESMILLS	18H30/45MN CROSS TRAINING TECHNIQUE	
		19H15/45MN CROSS TRAINING TECHNIQUE	

JEUDI

09h00-21h00

STUDIO 1	STUDIO RPM	PLATEAU	EXTÉRIEUR
			10H00/60MN CIRCUIT TRAINING
12H35/45MN CIRCUIT TRAINING		12H30/45MN CROSS TRAINING	
17H30/30MN CIRCUIT ABDOS			
18H00/45MN BODYCOMBAT LESMILLS		18H00/45MN CROSS TRAINING	18H00/30MN CRIT LESMILLS
18H45/60MN YOGA		18H45/45MN CROSS TRAINING	18H45/30MN CRIT LESMILLS
		19H30/30MN MOBILITY POSTURAL	

VENDREDI

09h00-20h30

STUDIO 1	STUDIO RPM	PLATEAU	EXTÉRIEUR
10H00/60MN BODY SCULPT			
12H30/45MN YOGA		12H30/45MN CROSS TRAINING	
			17H45/60MN CIRCUIT TRAINING
18H45/45MN RPM LESMILLS			

SAMEDI

09h30-13h00

STUDIO 1	STUDIO RPM	PLATEAU	EXTÉRIEUR
10H00/45MN BODYPUMP LESMILLS			
		11H00/45MN CROSS TRAINING	
12H00/45MN RPM LESMILLS			

DIMANCHE

09h30-13h00

STUDIO 1	STUDIO RPM	PLATEAU	EXTÉRIEUR
11H00/60MN YOGA			
		10H00/60MN CIRCUIT TRAINING	
		11H00/45MN CROSS TRAINING	



OUVERT 7J/7



05 56 12 55 79



6-8 RUE DE THALES
33700 MERIGNAC

SERVICE ADDITIONNEL
COACHING PERSONNALISÉ

ACCÈS CROSS TRAINING EN OPTION



GYMLAB
salle de sport



#FITNESSTOGETHER