

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

09h30 (45)

**pilates**

10h15 (45)

**renfo** Training

11h00 (30)

**blueball**

11h15 (45)

**LES MILLS RPM**

12h30 (45)

**TRX** Suspension Training

18h00 (1h)

**LES MILLS BODYPUMP**

19h15 (45)

**LES MILLS RPM**

19h15 (45)

**ZUMBA**

19h30 (45)

**initiation capoeira**

20h15 (45)

**LES MILLS BODYBALANCE**

09h30 (45)

**ZUMBA**

10h30 (30)

**LES MILLS CXWORX**

11h00 (1h)

**LES MILLS BODYBALANCE**

12h30 (45)

**LES MILLS BODYPUMP**

13h15 (15)

**abdos express**

18h00 (45)

**blueball**

18h45 (30)

**TRX** Suspension Training

19h15 (45)

**LES MILLS BODYCOMBAT**

19h15 (45)

**cardio DANCE**

20h00 (45)

**LES MILLS CX GRIT**

20h00 (45)

**step**

09h30 (45)

**blueball**

10h15 (45)

**TRX** Suspension Training

11h15 (30)

**stretching**

12h00 (45)

**OMNIA** Training

12h30 (45)

**pilates**

18h00 (45)

**TRX** Suspension Training

19h00 (45)

**LES MILLS BODYATTACK**

19h45 (15)

**abdos express**

20h00 (45)

**step 2**

20h15 (45)

**biking**

09h30 (45)

**circ. training**

10h15 (45)

**step**

11h00 (30)

**biking**

12h00 (45)

**OMNIA** Training

12h30 (45)

**blueball**

18h00 (30)

**LES MILLS BODYPUMP**

18h30 (30)

**blueball**

19h15 (45)

**LES MILLS RPM**

19h15 (45)

**cardio DANCE**

20h15 (15)

**abdos express**

09h30 (45)

**caf**

10h15 (45)

**LES MILLS BODYBALANCE**

11h15 (45)

**LES MILLS BODYCOMBAT**

12h15 (45)

**TRX** Suspension Training

12h15 (45)

**LES MILLS BODYBALANCE**

18h00 (45)

**LES MILLS BODYBALANCE**

19h00 (45)

**LES MILLS BODYCOMBAT**

20h00 (15)

**abdos express**

20h00 (30)

**SPRINT**

20h45 (30)

**stretching**

09h45 (1h)

**LES MILLS BODYPUMP**

10h45 (15)

**abdos express**

11h15 (45)

**LES MILLS RPM**

11h15 (45)

**ZUMBA**

10h00 (45)

**circ. training**

11h00 (30)

**LES MILLS RPM**

11h45 (45)

**pilates**

**jours fériés**

10h15 (45)

**circ. training**

11h00 (45)

**stretching**

**jours fériés**



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# planning fitness

à compter du 02 janvier 2018