



PLANNING

Du 2/11/2021 au 31/12/2021

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h30	TRX	LES MILLS BODYPUMP	STEP deb		YOGILATES	Cours aléatoire* OU YOGILATES 55'
12h20	CROSS TRAINING	LES MILLS BODYATTACK	LES MILLS BODYPUMP	HBX boxing	Cours aléatoire*	
17h15	LES MILLS BODYPUMP	YOGILATES	CROSS TRAINING 55'	TRX		
18h00	STEP Deb	BIKING	LES MILLS BODYJAM	LES MILLS BODYATTACK	STEP inter OU Trampo Jump	
18h45	HBX boxing et TRX	LES MILLS BODYCOMBAT	BIKING	LES MILLS BODYPUMP 55'	LES MILLS BODYATTACK 55'	
19h30	CROSS TRAINING 55'	HBX boxing	YOGILATES	CROSS TRAINING 55'		*cours qui change chaque semaine

COURS CARDIO **LES MILLS BODYATTACK** **LES MILLS BODYCOMBAT** HBX | **boxing** **BIKING** **Trampo Jump**

COURS Renforcement musculaire **LES MILLS BODYPUMP** **TRX** **YOGILATES**

COURS Cardio / Renfo **CROSS TRAINING**

COURS Dansé **LES MILLS BODYJAM** **STEP** **AERO dance**

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