



# PLANNING

À partir du 09/01/2023

|       | LUNDI                       | MARDI                             | MERCREDI                        | JEUDI                                    | VENDREDI                                   | SAMEDI                      |
|-------|-----------------------------|-----------------------------------|---------------------------------|--|--|-----------------------------|
| 09h30 | <b>LES MILLS BODYPUMP</b>   | CROSS Santé                       | 9h30 <b>STEP deb</b>            | 09h30 <b>TRX</b>                         | 09h30 <b>YOGILATES</b>                     | 10h30 <b>Trampo Jump</b>    |
| 12h20 | <b>STEP deb</b>             | 12h20 <b>LES MILLS BODYATTACK</b> | 10h15 <b>CORE</b> (30')         | 12h20 <b>AERO Deb</b>                    | 12h30 <b>CORE</b> (30')                    | 11h00 <b>CORE</b> (30')     |
| 12h30 | <b>LES MILLS BODYPUMP</b>   | 12h20 <b>boxing</b>               | 12h20 <b>BIKING</b>             | ou                                       | ou   | 11h45 <b>CROSS TRAINING</b> |
| 12h30 |                             | 12h20 <b>boxing</b>               | ou                              | 12h20 <b>CROSS TRAINING</b>              | 12h20 <b>Circuit TRX</b>                   | ou                          |
| 18h00 | <b>LES MILLS BODYATTACK</b> | 17h30 <b>boxing</b>               | 12h20 <b>Trampo Jump</b>        | 17h30 <b>YOGILATES</b>                   | 18h00 <b>STEP inter</b> ou <b>STEP Deb</b> | 10h30 <b>YOGILATES</b>      |
| 18h45 | <b>CORE</b> (30')           | 18h15 <b>BIKING</b>               | 12h45 <b>CORE</b>               | 18h00 <b>STEP Deb</b> ou <b>AERO Deb</b> |  |                             |
| 19h10 | <b>TRX</b>                  | 19h00 <b>LES MILLS BODYPUMP</b>   | 17h30 <b>CORE</b> (30')         | 18h15 <b>STEP Deb</b> ou <b>AERO Deb</b> | 18h50 <b>LES MILLS BODYATTACK</b> (55')    |                             |
| 19h10 | <b>boxing</b>               | 19h45 <b>CORE</b> (30')           | 18h00 <b>LES MILLS BODYPUMP</b> | 18h45 <b>CROSS TRAINING</b> (55')        |  |                             |
| 19h50 | <b>CROSS TRAINING</b> (55') |                                   | 18h45 <b>LES MILLS BODYJAM</b>  | 19h00 <b>BIKING</b>                      |  |                             |
|       |                             |                                   | 19h40 <b>YOGILATES</b>          | 19h45 <b>boxing</b>                      |  |                             |

COURS CARDIO **LES MILLS BODYATTACK** **boxing** **BIKING** **Trampo Jump**

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

COURS Cardio et Renfo **CROSS TRAINING** Etirement/mobilité **Stretch Mobility**

COURS Dansé **LES MILLS BODYJAM** **STEP** débutant / intermédiaire **AERO Deb**

## BODYGYM GENLIS

1 rue Gustave Eiffel  
21110 GENLIS

03 80 71 32 64  
bodygym21@orange.fr

**Bodygym-21.com**

Bodygym\_genlis

Bodygym genlis