



PLANNING

À partir du 17/04/2023

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h30	LES MILLS BODYPUMP	CROSS Santé	9h30 STEP Deb 10h15 CORE (30')	09h30 TRX	09h30 YOGILATES	10h30 LES MILLS BODYPUMP (30')
12h20	YOGILATES OU STEP deb	12h20 LES MILLS BODYATTACK OU 12h20 LES MILLS BODYPUMP	12h20 CROSS TRAINING OU 12h20 BIKING	12h20 boxing OU 12h20 Trampo Jump 12h45 CORE	12h30 CORE OU 12h20 TRX	11h00 CORE (30')
17h30	boxing	18h15 STEP Deb OU AERO Deb	17h30 CORE (30')	18h00 TRX	17h45 YOGILATES (55')	10h15 Trampo Jump (30')
18h15	LES MILLS BODYPUMP	19h00 LES MILLS BODYPUMP	18h00 LES MILLS BODYATTACK	18h15 BIKING	18h45 boxing	10h45 YOGILATES
19h00	BIKING	19h45 CORE (30')	18h45 LES MILLS BODYJAM	18h45 CROSS TRAINING (55')		
19h45	CROSS TRAINING (55')		19h40 YOGILATES	19h00 LES MILLS BODYATTACK (55')		

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

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

COURS Cardio et Renfo CROSS TRAINING

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

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