








PLANNING GRANDS BOULEVARDS

Lundi et Jeudi 07H00 - 22H30
Mardi, Mercredi et vendredi 7H00 - 22H00
Samedi et dimanche 09H00 - 19H00

LUNDI	<i>Début</i>	<i>Fin</i>	<i>Activité</i>	<i>Durée</i>	<i>Studio</i>	
	8H15	9H00	TRX	45	S TRAINING	
	9H00	9H45	CAF	45	S1	
	12H15	13H15	BODY PUMP	60	S1	
	12H15	13H00	CYCLING	45	S CYCLING	
	13H15	14H00	TRX	45	S TRAINING	
	13H30	14H30	YOGA HATHA	60	S1	
	18H00	18H45	BE STRONG	45	S1	
	18H30	19H15	BOXE N FIT	45	S TRAINING	
	19H00	20H00	BODY PUMP	60	S1	
	19H15	20H00	TRX	45	S TRAINING	
	19H30	20H15	CYCLING	45	S CYCLING	
	20H00	20H45	BOXE N BAG	45	S TRAINING	
	20H15	20H45	GRIT	30	S1	
	MARDI	<i>Début</i>	<i>Fin</i>	<i>Activité</i>	<i>Durée</i>	<i>Studio</i>
		07H15	08H00	CYCLING	45	S CYCLING
08H00		08H45	CMG BOOTCAMP	45	S TRAINING	
12H15		13H00	TRX	45	S TRAINING	
12H15		13H00	CYCLING	45	S CYCLING	
12H15		13H15	BODY BALANCE	60	S1	
13H00		13H45	CMG BOOTCAMP	45	S TRAINING	
18H00		19H00	PILATES	60	S1	
18H00		18H45	TRX	45	S TRAINING	
19H00		20H00	BODY PUMP	60	S1	
19H00		19H45	BOXE N BAG	45	S TRAINING	
19H00		19H45	CYCLING	45	S CYCLING	
20H00		21H00	BODY COMBAT	60	S1	
20H00		20H30	GRIT FORCE	30	S TRAINING	
MERCREDI		<i>Début</i>	<i>Fin</i>	<i>Activité</i>	<i>Durée</i>	<i>Studio</i>
		07H15	08H00	TRX	45	S TRAINING
	08H00	08H45	CMG BOOTCAMP	45	S TRAINING	
	12H15	13H00	CYCLING	45	S CYCLING	
	12H15	13H00	BE STRONG	45	S1	
	12H15	13H15	BOXE N BAG	60	S TRAINING	
	13H00	13H45	CMG BOOTCAMP	45	S1	
	13H15	14H00	TRX	45	S TRAINING	
	17H45	18H15	CAF	30	S TRAINING	
	18H00	18H45	YOGA HYENGAR	45	S1	
	18H15	19H00	TRX	45	S TRAINING	
	19H00	19H45	CYCLING	45	S CYCLING	
	19H00	20H00	BODY PUMP	60	S1	
	19H00	19H45	TRX	45	S TRAINING	
	20H00	21H00	BODY ATTACK	60	S1	
	20H00	20H30	GRIT	30	S TRAINING	
JEUDI	<i>Début</i>	<i>Fin</i>	<i>Activité</i>	<i>Durée</i>	<i>Studio</i>	
	07H15	08H00	CMG BOOTCAMP	45	S TRAINING	
	08H00	08H45	BE FIT	45	S1	
	12H15	13H00	BODY PUMP	45	S1	
	12H15	13H00	CYCLING	45	S CYCLING	
	13H00	13H45	TRX	45	S TRAINING	
	13H15	14H15	YOGA HYENGAR	60	S1	
	18H00	19H00	YOGA HATHA	60	S1	
	18H00	18H45	CMG BOOTCAMP	45	S TRAINING	
	18H00	18H30	CAF	30	S TRAINING	
	19H00	19H45	CYCLING	45	S CYCLING	
	19H00	20H00	BODY PUMP	60	S1	
	19H00	20H00	BOXE N BAG	60	S TRAINING	
	20H00	20H45	TRX	45	S TRAINING	
	20H00	20H30	GRIT	30	S1	

VENDREDI					
	<i>Début</i>	<i>Fin</i>	<i>Activité</i>	<i>Durée</i>	<i>Studio</i>
	07H15	08H00	CYCLING	45	S CYCLING
	09H00	10H00	PILATES	60	S1
	12H15	13H00	CYCLING	45	S CYCLING
	12H30	13H00	GRIT	30	S1
	13H00	13H45	TRX	45	S TRAINING
	18H00	18H45	CMG BOOTCAMP	45	S TRAINING
	18H30	19H30	BODY PUMP	60	S1
	19H00	20H00	BOXE N BAG	60	S TRAINING
	19H30	20H30	BODY ATTACK	60	S1
	20H00	20H45	TRX	45	S TRAINING
SAMEDI					
	<i>Début</i>	<i>Fin</i>	<i>Activité</i>	<i>Durée</i>	<i>Studio</i>
	10H00	10H45	STEP	45	S TRAINING
	10H00	11H30	YOGA	90	S1
	11H00	11H45	CYCLING	45	S CYCLING
	11H00	12H00	PILATES	60	S TRAINING
	11H45	12H45	YOGA	60	S1
	12H00	12H45	CYCLING	45	S CYCLING
	12H15	13H00	TRX	45	S TRAINING
	13H00	14H00	BODY PUMP	60	S1
	13H00	14H00	BOXE N BAG	60	S TRAINING
	14H00	15H00	BODY BALANCE	60	S1
DIMANCHE					
	<i>Début</i>	<i>Fin</i>	<i>Activité</i>	<i>Durée</i>	<i>Studio</i>
	09H30	10H15	BE STRONG	45	S1
	10H00	10H30	GRIT	30	S TRAINING
	10H30	11H30	BODY PUMP	60	S1
	11H00	11H45	CYCLING	45	S CYCLING
	11H00	11H45	CMG BOOTCAMP	45	S TRAINING
	11H30	12H30	BODY ATTACK	60	S1
	12H30	13H15	CYCLING	45	S CYCLING
	13H00	14H00	BODY COMBAT	60	S1
	14H00	15H00	PILATES	60	S1
	14H15	15H00	TRX	45	S TRAINING
15H15	16H00	STRETCHING	45	S TRAINING	