



# PLANNING

Du 06/09/2021 au 31/12/2021

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h30	CAF ou TRX				10h30 YOGILATES	Cours aléatoire*
12h20	CROSS TRAINING	12h20 LESMILLS BODYATTACK	12h20 LESMILLS BODYPUMP	12h20 HBX   boxing		
17h15	LESMILLS BODYPUMP	17h45 STEP Deb	17h30 CROSS TRAINING	17h30 HBX   TRX et boxing		
18h00	YOGILATES	18h30 TRX et BIKING	18h20 LESMILLS BODYJAM 55'	18h15 LESMILLS BODYATTACK 30'	18h00 Cours aléatoire*	
18h45	LESMILLS BODYCOMBAT		18h45 HBX   boxing	18h45 LESMILLS BODYPUMP 55'	19h00 LESMILLS BODYATTACK 55'	
19h30	CROSS TRAINING 55'	19h20 YOGILATES	19h15	19h45 CROSS TRAINING 55'		

\*cours qui change chaque semaine

COURS CARDIO **LESMILLS BODYATTACK** **LESMILLS BODYCOMBAT** HBX | **boxing** **BIKING** **Trampo Jump**

COURS Renforcement musculaire **LESMILLS BODYPUMP** **TRX** **YOGILATES**

COURS Cardio / Renfo **CROSS TRAINING**

COURS Dansé **LESMILLS BODYJAM** **STEP** **AERO dance**

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