



# PLANNING

À partir du 10/01/2022

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

COURS CARDIO **LES MILLS BODYATTACK** 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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