



## LUNDI

RENFO MACHINE  
9H30

TRX CIRCUIT ET CORE  
12H20 (25') (20')

LES MILLS BODYPUMP  
17H45

STEP DEB OU STEP INTER\*  
18H30 (\*1 SEM SUR 3)

LES MILLS ET TRX RPM CIRCUIT  
19H15

CROSS TRAINING  
20H00 (35')

## MARDI

CROSS SANTÉ  
9H30

LES MILLS RPM OU BOXING  
12H20

TRX CIRCUIT  
17H40

LES MILLS BODYCOMBAT  
18H25

LES MILLS BODYPUMP ET CROSS TRAINING  
19H10 (30')

CORE  
20H00 (30')

## MERCREDI

OUVERTURE 9H

STEP DEB OU LES MILLS RPM  
12H20

CORE  
17H35 (30')

LES MILLS BODYATTACK ET CROSS TRAINING  
18H05

LES MILLS BODYJAM  
18H50

YOGILATES  
19H45 (55')

## JEUDI

TRX CIRCUIT CORE  
10H15\9H30 (45') (30')

LES MILLS BODYPUMP OU LES MILLS BODYATTACK  
12H20

YOGILATES  
17H30 (30')

LES MILLS RPM ET TRX CIRCUIT  
18H15 (30')

BOXING OU STEP DEB  
19H00 (1 SEM SUR 2)

CROSS TRAINING  
19H45 (55')

## VENDREDI

YOGILATES  
9H30

RENFO MACHINE  
12H20

LES MILLS RPM  
17H45

CORE  
18H30 (30')

LES MILLS BODYATTACK  
19H00

FERMETURE 20H30

## SAMEDI

OUVERTURE 10H

LES MILLS RPM ET CROSS KIDS\*  
10H05

CORE  
10H50 (30')

AERO DEB  
11H20

OU (1 SEMAINE SUR 3)

YOGI LATES ET CROSS KIDS\*  
10H15 (55')

LES MILLS RPM  
11H15

FERMETURE 14H30

COURS CARDIO VASCULAIRE

COURS RENFORCEMENT MUSCULAIRE

COURS DANSE

TRAMPO [BOXING TRAINING]

TRX CIRCUIT

STEP AERO DEB

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