

# BANANA MOVE, ZEN, BIKE

Planning de rentrée

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

BIKE

BIKE

BIKE

BIKE

BIKE

BIKE

BIKE

9h15

MOVE

BANANA  
Caf

ZEN

BANANA  
Yoga

MOVE

BANANA  
Sculpt

MOVE

BANANA  
Pilates

LES MILLS  
RPM

MOVE

LES MILLS  
BODYPUMP

9h30

MOVE

LES MILLS  
sprint

MOVE

LES MILLS  
BODYPUMP

10h15

ZEN

BANANA  
Stretch

SPIVI  
Light

MOVE

LES MILLS  
BODYBALANCE

ZEN

BANANA  
Gym do

ZEN

BANANA  
Ball

10h30

MOVE

BANANA  
Sculpt

LES MILLS  
RPM

12h30

MOVE

LES MILLS  
BODYPUMP

MOVE

BANANA  
Pilates

MOVE

BANANA  
Caf

ZEN

BANANA  
Essential

MOVE

LES MILLS  
GRIT

11h30

MOVE

BANANA  
Pilates

14h30

ZEN

BANANA  
Gym do

ZEN

BANANA  
Pilates

MOVE

BANANA  
Ball

16h30

ZEN

BANANA  
Essential

17h30

MOVE

LES MILLS  
GRIT

MOVE

BANANA  
Aéro

MOVE

BANANA  
Yoga

SPIVI  
Light

MOVE

LES MILLS  
BODYBALANCE

MOVE

LES MILLS  
BODYPUMP

18h30

MOVE

LES MILLS  
BODYPUMP

MOVE

LES MILLS  
BODYCOMBAT

LES MILLS  
RPM

MOVE

LES MILLS  
BODYATTACK

MOVE

BANANA  
Caf

LES MILLS  
RPM

MOVE

LES MILLS  
SH'BAM

SPIVI  
Challenge

19h30

MOVE

LES MILLS  
BODYBALANCE

LES MILLS  
sprint

MOVE

LES MILLS  
GRIT

BANANA  
Stretch

MOVE

LES MILLS  
BODYPUMP

ZEN

BANANA  
Pilates

BANANA  
Step fun

Banana  
fit