

# TRAINING

DAYS 2024

1  
décembre  
bayonne

Océania Bayonne  
85 Av. de la Légion Tchèque, 64100 Bayonne

SALLE 1

SALLE 2

STUDIO CYCLE

09.00 LESMILLS  
BODYPUMP

10.15 LESMILLS  
GRIT

11.00 LESMILLS  
BODYATTACK

12.00 LESMILLS DANCE | LESMILLS BODYJAM  
FUNCTIONAL STRENGTH | Strength Development

13.30 SESSION GÉNÉRALE

14.30 LESMILLS CORE LESMILLS sprint

15.15 LESMILLS BODYCOMBAT LESMILLS Shapes | LESMILLS PILATES

16.15 LESMILLS BODYSTEP LESMILLS RPM

17.00 LESMILLS BODYBALANCE

LESMILLS