

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

08H45 45'  
**LES MILLS  
RPM**

09H45 45'  
**CAF**

10H45 45'  
**STRETCHING**

12H30 45'  
**LES MILLS  
BODYBALANCE**

17H45 45'  
**STEP**

18H45 45'  
**LES MILLS  
BODYPUMP**

19H40 45'  
**CROSS-TRAINING**

09H30 45'  
**PILATES  
NIVEAU 1**

10H15 45'  
**LES MILLS  
BODYBALANCE**

12H30 45'  
**LES MILLS  
BODYPUMP**

17H45 45'  
**CAF**

18H45 45'  
**LES MILLS  
RPM**

19H40 45'  
**LES MILLS  
BODYCOMBAT**

09H45 45'  
**LES MILLS  
BODYPUMP**

10H45 45'  
**LES MILLS  
BODYBALANCE**

12H30 45'  
**LES MILLS  
CORE**

17H45 45'  
**LES MILLS  
BODYPUMP**

18H45 45'  
**HIIT**

19H40 45'  
**STRETCHING**

09H45 45'  
**LES MILLS  
CORE**

10H45 45'  
**STRETCHING**

12H30 45'  
**LES MILLS  
RPM**

17H45 45'  
**LES MILLS  
RPM**

18H45 45'  
**LES MILLS  
BODYBALANCE**

09H45 45'  
**LES MILLS  
RPM**

10H45 45'  
**PILATES  
NIVEAU 2**

12H30 45'  
**LES MILLS  
BODYATTACK**

17H45 60'  
**LES MILLS  
BODYPUMP**

18H45 45'  
**CROSS-TRAINING**

09H45 45'  
**LES MILLS  
BODYPUMP**

10H45 45'  
**LES MILLS  
RPM**

11H40 45'  
**LES MILLS  
BODYCOMBAT**

CARDIO

RENFO

CARDIO-RENFO

DETENTE

LES MILLS 571MSA7

