

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

10 h 45 - 11 h 30

LES MILLS
RPM

12 h 45 - 13 h 15

CROSS
TRAINING

12 h 45 - 13 h 15

LES MILLS
BODYPUMP

12 h 45 - 13 h 15

LES MILLS
GRIT

12 h 45 - 13 h 15

HBX | **boxing** **LES MILLS**
CORE

12 h 45 - 13 h 15

LES MILLS
CORE

18 h 00 - 18 h 30

LES MILLS
GRIT

18 h 00 - 18 h 45

CAF | CUISSES
ABDOS
FESSIERS

18 h 00 - 18 h 30

LES MILLS
CORE

18 h - 18 h 45

LES MILLS
BODYPUMP

18 h 00 - 18 h 30

LES MILLS
CORE

18 h 30 - 19 h 15

LES MILLS
BODYPUMP

18 h 30 - 19 h 30

BODY
WORKOUT

18 h 30 - 19 h 15

LES MILLS
BODYPUMP

18 h 45 - 19 h 30

LES MILLS
RPM

18 h 30 - 19 h 00

CROSS
TRAINING

18 h 45 - 19 h 30

 **ZUMBA**

18 h 45 - 19 h 30

LES MILLS
RPM

18 h 30 - 19 h 00

CROSS
TRAINING

18 h 45 - 19 h 15

LES MILLS
GRIT

19 h 00 - 19 h 30

HBX | **boxing**

19 h 30 - 20 h 15

LES MILLS
BODYPUMP

19 h 00 - 19 h 30

HBX | **boxing**

19 h 30 - 20 h 15

LES MILLS
RPM

19 h 30 - 20 h 30

BODY
WORKOUT

19 h 30 - 20 h 15

LES MILLS
BODYBALANCE

19 h 30 - 20 h 15

LES MILLS
BODYCOMBAT

