

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		
	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	
8h25	CINEMA 30' LES MILLS CKWORK™	CINEMA 30' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORK™	CINEMA 30' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORK™	CINEMA 30' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORK™	CINEMA 30' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORK™	CINEMA 30' LES MILLS RPM™	9h15	CINEMA 30' LES MILLS CKWORK™	CINEMA 30' LES MILLS RPM™
9h00	oiness 45' GYM SCULPT	CINEMA 45' LES MILLS RPM™	LES MILLS 45' BODYPUMP	CINEMA 45' LES MILLS RPM™	oiness 45' GYM SCULPT	CINEMA 45' LES MILLS RPM™	oiness 45' CIRCUIT MACHINES	LES MILLS 55' RPM	oiness 45' STEP	CINEMA 45' LES MILLS RPM™	9h45	LES MILLS 45' BODYPUMP	
9h45	oiness 15' ABDOS				oiness 15' ABDOS						10h15		CINEMA 45' LES MILLS RPM™
10h00	oiness 45' PILATES	CINEMA 45' LES MILLS RPM™	oiness 45' GYM DOUCE	CINEMA 45' LES MILLS RPM™	oiness 45' STRETCHING	CINEMA 45' LES MILLS RPM™	YOGA	CINEMA 45' LES MILLS RPM™	oiness 45' STRETCHING	CINEMA 45' LES MILLS RPM™	10h45	oiness 45' GYM SCULPT	
11h00	oiness 45' CIRCUIT MACHINES		CINEMA 30' LES MILLS CKWORK™		CINEMA 55' LES MILLS BODYBALANCE™		CINEMA 30' LES MILLS CKWORK™		CINEMA 55' LES MILLS BODYCOMBAT™		11h15		CINEMA 45' LES MILLS RPM™
12h20	LES MILLS 30' BODYATTACK	LES MILLS 55' RPM	LES MILLS 45' BODYPUMP		YOGA	LES MILLS 55' RPM	oiness 45' GYM SCULPT	CINEMA 45' LES MILLS RPM™	oiness 45' CIRCUIT MACHINES		11h30	oiness 30' STRETCHING	
12h30				oiness 30' Functional TRX						LES MILLS 30' sprint	12h15	CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 45' LES MILLS RPM™
14h00		CINEMA 45' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORK™			CINEMA 45' LES MILLS RPM™	CINEMA 55' LES MILLS BODYBALANCE™				12h30		
15h00	CINEMA 55' LES MILLS BODYBALANCE™		CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 45' LES MILLS RPM™	CINEMA 55' LES MILLS BODYCOMBAT™		CINEMA 30' LES MILLS CKWORK™	CINEMA 45' LES MILLS RPM™	CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 45' LES MILLS RPM™	13h15	CINEMA 30' LES MILLS BODYCOMBAT™	CINEMA 45' LES MILLS RPM™
17h00	CINEMA 30' LES MILLS CKWORK™	CINEMA 45' LES MILLS RPM™						CINEMA 45' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORK™				
17h30			oiness 45' PILATES	CINEMA 30' LES MILLS RPM™	oiness 30' CROSS SERIES	CINEMA 45' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORK™		CINEMA 30' LES MILLS CKWORK™	CINEMA 45' LES MILLS RPM™		DIMANCHE Salle 1 Salle 2	
17h45	oiness 30' CROSS SERIES										9h15	CINEMA 30' LES MILLS CKWORK™	CINEMA 45' LES MILLS RPM™
18h00				CINEMA 45' LES MILLS RPM™	ZUMBA 45'		oiness 45' PILATES	CINEMA 45' LES MILLS RPM™	oiness 15' ABDOS		9h30		
18h15	oiness 30' GYM SCULPT	oiness 30' Functional TRX	LES MILLS 45' BODYPUMP			CINEMA 45' LES MILLS RPM™			LES MILLS 45' BODYCOMBAT		9h45	YOGA	
18h45	oiness 45' STRETCHING				oiness 45' GYM SCULPT		LES MILLS 30' BODYATTACK				10h15		CINEMA 45' LES MILLS RPM™
19h00		LES MILLS 55' RPM	LES MILLS 45' BODYCOMBAT	LES MILLS 30' sprint		LES MILLS 55' RPM		CINEMA 45' LES MILLS RPM™	LES MILLS 45' BODYPUMP	CINEMA 45' LES MILLS RPM™	10h30		
19h30	CINEMA 30' LES MILLS CKWORK™				CINEMA 30' LES MILLS BODYPUMP™						11h15	CINEMA 30' LES MILLS BODYCOMBAT™	CINEMA 45' LES MILLS RPM™