

	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 CKWORX™	CINEMA 30' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORX™	CINEMA 30' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORX™	CINEMA 30' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORX™	CINEMA 30' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORX™	CINEMA 30' LES MILLS RPM™	9h15	CINEMA 30' LES MILLS CKWORX™	CINEMA 45' LES MILLS RPM™
9h00	olness 45' GYM SCULPT	CINEMA 45' LES MILLS RPM™	LES MILLS 45' BODYPUMP	CINEMA 45' LES MILLS RPM™	olness 45' GYM SCULPT	CINEMA 45' LES MILLS RPM™	olness 45' CIRCUIT MACHINES	LES MILLS 55' RPM	olness 45' STEP	CINEMA 45' LES MILLS RPM™	9h45	LES MILLS 45' BODYPUMP	
9h45	olness 15' ABDOS				olness 15' ABDOS						10h15		CINEMA 45' LES MILLS RPM™
10h00	olness 45' STRETCHING	CINEMA 45' LES MILLS RPM™	olness 45' GYM DOUCE	CINEMA 45' LES MILLS RPM™	olness 45' STRETCHING	CINEMA 45' LES MILLS RPM™	olness 45' GYM DOUCE	CINEMA 45' LES MILLS RPM™	olness 45' STRETCHING	CINEMA 45' LES MILLS RPM™	10h45	olness 45' GYM SCULPT	
11h00		CINEMA 45' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORX™	CINEMA 45' LES MILLS RPM™	CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 45' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORX™	CINEMA 45' LES MILLS RPM™	CINEMA 55' LES MILLS BODYCOMBAT™	CINEMA 45' LES MILLS RPM™	11h15		CINEMA 45' LES MILLS RPM™
12h20	LES MILLS BODYATTACK	CINEMA 45' LES MILLS RPM™	LES MILLS 45' BODYPUMP	CINEMA 45' LES MILLS RPM™	YOGA	LES MILLS 55' RPM	olness 45' GYM SCULPT	CINEMA 45' LES MILLS RPM™	olness 45' CIRCUIT MACHINES	CINEMA 45' LES MILLS RPM™	11h30	olness 30' STRETCHING	
12h30											12h15	CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 45' LES MILLS RPM™
14h00		CINEMA 45' LES MILLS RPM™		CINEMA 30' LES MILLS CKWORX™		CINEMA 45' LES MILLS RPM™	CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 45' LES MILLS RPM™		CINEMA 45' LES MILLS RPM™	12h30		
15h00		CINEMA 55' LES MILLS BODYBALANCE™		CINEMA 45' LES MILLS RPM™		CINEMA 55' LES MILLS BODYCOMBAT™	CINEMA 30' LES MILLS CKWORX™	CINEMA 45' LES MILLS RPM™	CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 45' LES MILLS RPM™	13h15	CINEMA 30' LES MILLS BODYCOMBAT™	CINEMA 30' LES MILLS RPM™
17h00	CINEMA 30' LES MILLS CKWORX™					CINEMA 30' LES MILLS RPM™		CINEMA 45' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORX™				
17h30		olness 30' STEP	CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 30' LES MILLS RPM™	olness 30' CROSS SERIES	CINEMA 30' LES MILLS RPM™	CINEMA 30' LES MILLS CKWORX™		CINEMA 30' LES MILLS CKWORX™	CINEMA 45' LES MILLS RPM™		DIMANCHE Salle 1 Salle 2	
17h45	CINEMA 30' LES MILLS CKWORX™										9h15	CINEMA 30' LES MILLS CKWORX™	CINEMA 45' LES MILLS RPM™
18h00				CINEMA 45' LES MILLS RPM™	olness 45' ZUMBA	CINEMA 45' LES MILLS RPM™	olness 45' STRETCHING	CINEMA 45' LES MILLS RPM™	olness 15' ABDOS		9h30		
18h15	olness 30' GYM SCULPT	olness 30' FUNCTIONAL TRX	LES MILLS 45' BODYPUMP						LES MILLS 45' BODYCOMBAT™		9h45	YOGA	
18h45	olness 45' STRETCHING				olness 45' GYM SCULPT		olness 30' CROSS SERIES			CINEMA 45' LES MILLS RPM™	10h15		CINEMA 45' LES MILLS RPM™
19h00		LES MILLS 55' RPM	LES MILLS 45' BODYCOMBAT™			CINEMA 45' LES MILLS RPM™		CINEMA 45' LES MILLS RPM™	LES MILLS 55' BODYPUMP™		10h30		
19h30	CINEMA 30' LES MILLS CKWORX™				CINEMA 30' LES MILLS BODYPUMP™						11h15	CINEMA 30' LES MILLS BODYCOMBAT™	CINEMA 30' LES MILLS RPM™

6h-23H 7/7

Sprint, RPM, Functional TRX sur réservation et avec participation.

🎬 Programme Cinéma