

	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 CXWORK™		CINEMA 30' LES MILLS CXWORK™		CINEMA 30' LES MILLS CXWORK™		CINEMA 30' LES MILLS CXWORK™		CINEMA 30' LES MILLS CXWORK™		9h15	CINEMA 30' LES MILLS CXWORK™	CINEMA 45' LES MILLS RPM™
9h00	olness 45' GYM SCULPT	CINEMA 45' LES MILLS RPM™	olness 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' BODYSTEP	LES MILLS 45' RPM™	9h45	LES MILLS 45' BODYPUMP	
9h45	olness 15' ABDOS				olness 15' ABDOS						10h15		CINEMA 45' LES MILLS RPM™
10h00	LES MILLS 55' BODYBALANCE	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	LES MILLS 45' RPM™	10h45	olness 45' GYM SCULPT	
11h00	olness 45' PILATES		CINEMA 30' LES MILLS CXWORK™		CINEMA 55' LES MILLS BODYBALANCE™		CINEMA 30' LES MILLS CXWORK™		CINEMA 55' LES MILLS BODYCOMBAT™		11h15		CINEMA 45' LES MILLS RPM™
12h20	LES MILLS 45' BODYPUMP	LES MILLS 55' RPM	LES MILLS 45' BODYSTEP		olness 45' GYM SCULPT	LES MILLS 55' RPM	LES MILLS 45' BODYBALANCE	CINEMA 45' LES MILLS RPM™	olness 45' CIRCUIT MACHINES		12h15	CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 45' LES MILLS RPM™
12h30				olness 30' Functional TRX						LES MILLS 30' sprint	12h30		
14h00		CINEMA 45' LES MILLS RPM™	CINEMA 30' LES MILLS CXWORK™			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™
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 CXWORK™	CINEMA 45' LES MILLS RPM™	CINEMA 55' LES MILLS BODYBALANCE™				
16h00		CINEMA 45' LES MILLS RPM™				CINEMA 45' LES MILLS RPM™			CINEMA 30' LES MILLS CXWORK™	CINEMA 45' LES MILLS RPM™			
17h00	CINEMA 30' LES MILLS CXWORK™			CINEMA 45' LES MILLS RPM™	CINEMA 30' LES MILLS CXWORK™	CINEMA 45' LES MILLS RPM™		CINEMA 45' LES MILLS RPM™				DIMANCHE	
17h45					olness 15' ABDOS		CINEMA 30' LES MILLS CXWORK™			CINEMA 45' LES MILLS RPM™	9h15	CINEMA 30' LES MILLS CXWORK™	CINEMA 45' LES MILLS RPM™
18h00	olness 15' ABDOS		LES MILLS 45' BODYPUMP	olness 45' PILATES	LES MILLS 45' ZUMBA	CINEMA 45' LES MILLS RPM™		CINEMA 45' LES MILLS RPM™	olness 15' ABDOS		9h30		
18h15	olness 30' GYM SCULPT	olness 30' Functional TRX						LES MILLS 45' BODYBALANCE		LES MILLS 45' BODYCOMBAT	9h45		
18h45	olness 45' STRETCHING				olness 45' GYM SCULPT					CINEMA 45' LES MILLS RPM™	10h15	CINEMA 55' LES MILLS BODYBALANCE™	CINEMA 45' LES MILLS RPM™
19h00		LES MILLS 55' RPM	LES MILLS 45' BODYCOMBAT	LES MILLS 30' sprint			LES MILLS 45' BODYSTEP	CINEMA 45' LES MILLS RPM™	LES MILLS 45' BODYPUMP		10h30		
19h30	CINEMA 30' LES MILLS CXWORK™				CINEMA 30' LES MILLS BODYPUMP™	LES MILLS 55' RPM					11h15	CINEMA 30' LES MILLS BODYCOMBAT™	CINEMA 30' LES MILLS RPM™