

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
	Salle 1	Salle 2	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	CKWORK 30' LESMILLS	SPRINT 30' LESMILLS	CKWORK 30' LESMILLS	RPM 30' LESMILLS	BODYBALANCE 30' LESMILLS	RPM 30' LESMILLS	CKWORK 30' LESMILLS	SPRINT 30' LESMILLS	CKWORK 30' LESMILLS	SPRINT 30' LESMILLS	CKWORK 30' LESMILLS		CKWORK 30' LESMILLS	
9h00	GYM SCULPT 55' LESMILLS	CIRCUIT MACHINE 45'	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS	GYM SCULPT 55'	CROSS SÉRIES 45'	PILATES 55'	RPM 45' LESMILLS	STEP 55'	RPM 45' LESMILLS	BODYPUMP 45' LESMILLS	RPM 45' LESMILLS	PILATES 45'	RPM 45' LESMILLS
10h00	YOGA 45'	RPM 45' LESMILLS	GYM DOUCE 45'	RPM 45' LESMILLS	STRETCHING 45'		GYM DOUCE 45'	RPM 45' LESMILLS	STRETCHING 45'	RPM 45' LESMILLS	GYM SCULPT 45'	RPM 45' LESMILLS	YOGA 55'	RPM 45' LESMILLS
10h45	CORE LES MILLS		STRETCHING 45'			SPRINT 30' LESMILLS	PILATES 45'		GYM SCULPT 45'					
11h00		SPRINT 30' LESMILLS		RPM 45' LESMILLS	SwissBall			RPM 45' LESMILLS		RPM 45' LESMILLS	STRETCHING 45'	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	SPRINT 30' LESMILLS
12h20	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	CROSS SÉRIES 45'	RPM 45' LESMILLS	CORE LES MILLS	RPM 45' LESMILLS	YOGA 55'	SPRINT 30' LESMILLS	PILATES 55'	CIRCUIT MACHINE 55'	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS	CKWORK 30' LESMILLS	RPM 45' LESMILLS
14h00	GYM SCULPT 45'	SPRINT 30' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	CKWORK 30' LESMILLS	SPRINT 30' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS
15h00	CKWORK 30' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	SPRINT 30' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS
16h00	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	CKWORK 30' LESMILLS	RPM 45' LESMILLS	YOGA 45'	RPM 45' LESMILLS	CKWORK 30' LESMILLS	SPRINT 30' LESMILLS	CKWORK 30' LESMILLS	RPM 45' LESMILLS	CKWORK 30' LESMILLS	RPM 45' LESMILLS	CKWORK 30' LESMILLS	SPRINT 30' LESMILLS
17h00	BODYCOMBAT 30' LESMILLS	SPRINT 30' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	CKWORK 30' LESMILLS	SPRINT 30' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	SPRINT 30' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS
17h45	CROSS SÉRIES 30'	RPM 45' LESMILLS				SPRINT 30' LESMILLS								
18h00			BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	ZUMBA 45'			CROSS SÉRIES 45'		RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS
18h15	GYM SCULPT 45'					RPM 45' LESMILLS	PILATES 45'		BODYCOMBAT 45' LESMILLS					
18h45		RPM 45' LESMILLS			CORE LES MILLS			SPRINT 30' LESMILLS						
19h00	STRETCHING 45'		LES MILLS BODYJAM	RPM 45' LESMILLS			YOGA 45'			RPM 45' LESMILLS	CKWORK 30' LESMILLS	SPRINT 30' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS
20h00	CKWORK 45' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	CKWORK 45' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS				