

	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	CXWORK 30' LESMILLS		CXWORK 30' LESMILLS		CXWORK 30' LESMILLS		CXWORK 30' LESMILLS		CXWORK 30' LESMILLS		CXWORK 30' LESMILLS		CXWORK 30' LESMILLS	
9h00	GYM SCULPT 45'	RPM 45' LESMILLS	BODYPUMP 45' LESMILLS	RPM 45' LESMILLS	GYM SCULPT 45'	CROSS SÉRIES 45'	GYM DOUCE 45'	RPM 45' LESMILLS	STEP 45'	RPM 45' LESMILLS	BODYPUMP 45' LESMILLS	RPM 45' LESMILLS	PILATES 45'	RPM 45' LESMILLS
9h45	ABDOS 15'				ABDOS 15'		ABDOS 15'							
10h00	STRETCHING 45'	RPM 45' LESMILLS	GYM DOUCE 45'	RPM 45' LESMILLS	STRETCHING 45'	RPM 45' LESMILLS	STRETCHING 45'	RPM 45' LESMILLS	STRETCHING 45'	RPM 45' LESMILLS	GYM SCULPT 45'	RPM 45' LESMILLS	YOGA 45'	RPM 45' LESMILLS
11h00	CXWORK 30' LESMILLS		CXWORK 30' LESMILLS		BODYBALANCE 55' LESMILLS		BODYBALANCE 55' LESMILLS		BODYCOMBAT 55' LESMILLS					
12h20	BODYPUMP 45' LESMILLS	RPM 45' LESMILLS	CXWORK 30' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	GYM SCULPT 45'	RPM 45' LESMILLS		RPM 45' LESMILLS			BODYCOMBAT 55' LESMILLS	
12h30														
14h00	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS			CXWORK 30' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS				
15h00	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	CXWORK 30' LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS
16h00	CXWORK 30' LESMILLS	RPM 45' LESMILLS		RPM 45' LESMILLS	CXWORK 30' LESMILLS	RPM 45' LESMILLS	CXWORK 30' LESMILLS		BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	CXWORK 30' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS
17h00	CXWORK 30' LESMILLS		CXWORK 30' LESMILLS	RPM 30' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 30' LESMILLS	CXWORK 30' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 30' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS
17h30		RPM 30' LESMILLS	CXWORK 30' LESMILLS	RPM 30' LESMILLS		RPM 30' LESMILLS				RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	CXWORK 30' LESMILLS	RPM 45' LESMILLS
17h45	CROSS SÉRIES 30'						CXWORK 30' LESMILLS						BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS
18h00			STEP 45'	RPM 45' LESMILLS	STEP 45'	RPM 45' LESMILLS		CROSS SÉRIES 55'		RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS
18h15	GYM SCULPT 45'							PILATES 45'		BODYCOMBAT 45' LESMILLS			BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS
18h45			BODYPUMP 55' LESMILLS	CROSS SÉRIES 55'	GYM SCULPT 45'								BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS
19h00	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS				RPM 45' LESMILLS	YOGA 45'	CROSS SÉRIES 55'		RPM 45' LESMILLS				
19h30									CXWORK 30' LESMILLS					
20h00	CXWORK 30' LESMILLS	RPM 45' LESMILLS	BODYPUMP 45' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 45' LESMILLS	RPM 45' LESMILLS		RPM 45' LESMILLS				