

# PLANNING FITNESS

M  
A  
T  
I  
N  
É  
E  
  
M  
I  
D  
I  
  
S  
O  
I  
R  
É  
E

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATINÉE	9H30 <b>LES MILLS BODYBALANCE</b>	9H30 <b>LES MILLS CORE</b>	9H30 <b>LES MILLS BODYPUMP</b>	9H30 <b>GYM ESSENTIELLE</b>	9H30 <b>LES MILLS DANCE</b>	10H <b>LES MILLS BODYPUMP</b>
			10H15 <b>STRETCHING</b>		10H15 <b>STRETCHING</b>	11H15 <b>LES MILLS BODYBALANCE</b>
MIDI		12H30 <b>LES MILLS BODYCOMBAT</b>		12H30 <b>LES MILLS BODYPUMP</b>	12H30 <b>LES MILLS BODYBALANCE</b>	
SOIRÉE	17H30 <b>LES MILLS CORE</b>	17H45 <b>STEP</b>	17H30 <b>LES MILLS GRIT</b>	17H45 <b>LES MILLS CORE</b>	17H45 <b>LES MILLS BODYPUMP</b>	
	18H <b>LES MILLS BODYPUMP</b>	18H15 <b>LES MILLS BODYBALANCE</b>	18H <b>LES MILLS BODYATTACK</b>	18H15 <b>LES MILLS DANCE</b>	18H30 <b>LES MILLS GRIT</b>	
	19H <b>LES MILLS BODYATTACK</b>	19H <b>LES MILLS BODYCOMBAT</b>	18H30 <b>LES MILLS CORE</b>	19H <b>LES MILLS BODYPUMP</b>	19H <b>PILATES</b>	
	20H <b>LES MILLS DANCE</b>	20H <b>LES MILLS BODYPUMP</b>	19H15 <b>CAF / STRETCHING</b>	20H <b>LES MILLS BODYATTACK</b>		
			20H <b>STRETCHING MOBILITÉ</b>			

**OUVERTURES**  
 LUNDI : 9H-21H  
 MARDI : 9H-14H / 17H-21H  
 MERCREDI : 9H-14H / 17H-21H  
 JEUDI : 9H-14H / 17H-21H  
 VENDREDI : 9H-20H  
 SAMEDI 9H-13H



# PLANNING CYCLING

M  
A  
T  
I  
N  
É  
E  
  
M  
I  
D  
I  
  
S  
O  
I  
R  
É  
E

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATINÉE	9H30 LES MILLS <b>THE TRIP</b> 45'	10H LES MILLS <b>RPM</b> 45'	9H30 LES MILLS <b>THE TRIP</b> 45'	9H30 LES MILLS <b>RPM VIRTUAL</b> 45'	9H30 LES MILLS <b>sprint</b> 30'	9H30 LES MILLS <b>sprint</b> 30'
MIDI	12H30 LES MILLS <b>RPM</b> 45'	12H30 LES MILLS <b>sprint</b> 30'	12H30 LES MILLS <b>RPM</b> 45'	12H15 LES MILLS <b>sprint</b> 30'	12H30 LES MILLS <b>THE TRIP</b> 45'	11H45 LES MILLS <b>THE TRIP</b> 45'
	14H LES MILLS <b>RPM VIRTUAL</b> 45'	13H05 LES MILLS <b>sprint</b> 30'		12H45 LES MILLS <b>THE TRIP</b> 45'	14H LES MILLS <b>sprint</b> 30'	
	15H LES MILLS <b>sprint</b> 30'				15H LES MILLS <b>RPM VIRTUAL</b> 45'	
	17H45 LES MILLS <b>sprint</b> 30'	17H30 LES MILLS <b>THE TRIP</b> 45'	17H30 LES MILLS <b>THE TRIP</b> 45'	17H45 LES MILLS <b>sprint</b> 30'	17H30 LES MILLS <b>THE TRIP</b> 45'	
	18H30 LES MILLS <b>THE TRIP</b> 45'	18H15 LES MILLS <b>RPM</b> 45'	18H15 LES MILLS <b>sprint</b> 30'	18H30 LES MILLS <b>RPM</b> 45'	18H30 LES MILLS <b>RPM</b> 45'	
SOIRÉE	20H LES MILLS <b>RPM</b> 45'	19H30 LES MILLS <b>THE TRIP</b> 45'	19H LES MILLS <b>RPM</b> 60'	19H45 LES MILLS <b>THE TRIP</b> 45'	19H15 LES MILLS <b>sprint</b> 30'	

SESSIONS CINÉMA  
DISPONIBLES À LA  
DEMANDE

**OUVERTURES**  
LUNDI : 9H-21H  
MARDI : 9H-14H / 17H-21H  
MERCREDI : 9H-14H / 17H-21H  
JEUDI : 9H-14H / 17H-21H  
VENDREDI : 9H-20H  
SAMEDI 9H-13H



# PLANNING ZONE FONCTIONNELLE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

M  
A  
T  
I  
N  
É  
E  
  
M  
I  
D  
I  
  
S  
O  
I  
R  
É  
E

9H30

CROSS  
TRAINING



9H30

CROSS  
TRAINING



12H30

CROSS  
TRAINING  
LIBRE



12H30

CROSS  
TRAINING  
LIBRE



12H30

CROSS  
TRAINING  
LIBRE



12H30

CROSS  
TRAINING  
LIBRE



12H30

LES MILLS  
GRIT



18H30

LES MILLS  
GRIT



17H30

CROSS  
TRAINING



17H30

LES MILLS  
GRIT



18H

CROSS  
TRAINING



18H30

CROSS  
TRAINING



18H30

LES MILLS  
GRIT



19H15

CROSS  
TRAINING



19H15

LES MILLS  
GRIT



20H

LES MILLS  
GRIT



OUVERTURES

LUNDI : 9H-21H

MARDI : 9H-14H / 17H-21H

MERCREDI : 9H-14H / 17H-21H

JEUDI : 9H-14H / 17H-21H

VENDREDI : 9H-20H

SAMEDI 9H-13H

LE STUDIO SPORT

TOURS  
☆☆☆



# PLANNING CINÉMA

LUNDI

MARDI


MERCREDI

JEUDI


VENDREDI


SAMEDI

M  
A  
T  
I  
N  
É  
E  
  
M  
I  
D  
I  
  
A  
P  
R  
È  
S  
-  
M  
I  
D  
I

10H45   
**LES MILLS**  
**barre**

11H30   
**LES MILLS**  
**BODYATTACK**

12H30   
**LES MILLS**  
**CORE**

14H   
**LES MILLS**  
**BODYPUMP VIRTUAL**


14H45   
**LES MILLS**  
**CORE**

10H   
**LES MILLS**  
**BODYPUMP VIRTUAL**


10H45   
**LES MILLS**  
**BODYBALANCE**

12H30   
**LES MILLS**  
**BODYPUMP VIRTUAL**

10H45   
**LES MILLS**  
**BODYCOMBAT VIRTUAL**


11H30   
**LES MILLS**  
**CORE**

11H   
**LES MILLS**  
**BODYATTACK**

11H45   
**LES MILLS**  
**CORE**

15H30   
**LES MILLS**  
**BODYPUMP VIRTUAL**

16H30   
**LES MILLS**  
**BODYBALANCE**

17H15   
**LES MILLS**  
**CORE**

9H15   
**LES MILLS**  
**BODYATTACK**

  
SESSIONS CINÉMA  
DISPONIBLES À LA  
DEMANDE

**OUVERTURES**  
LUNDI : 9H-21H  
MARDI : 9H-14H / 17H-21H  
MERCREDI : 9H-14H / 17H-21H  
JEUDI : 9H-14H / 17H-21H  
VENDREDI : 9H-20H  
SAMEDI 9H-13H