

PLANNING FITNESS

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

7H30

LES MILLS
BODYPUMP



7H30

LES MILLS
GRIT



9H30

LES MILLS
BODYBALANCE



9H30

LES MILLS
CORE



9H30

LES MILLS
BODYPUMP



9H30

GYM
ESSENTIELLE



9H30

LES MILLS
Shapes



10H

LES MILLS
BODYPUMP



11H15

LES MILLS
BODYBALANCE



12H30

LES MILLS
BODYCOMBAT



12H30

Strength
Development



12H30

LES MILLS
BODYPUMP



12H30

LES MILLS
BODYBALANCE



17H30

LES MILLS
GRIT



17H15

LES MILLS
CORE



18H

STEP 1



18H

LES MILLS
BODYATTACK



17H45

LES MILLS
CORE



17H30

LES MILLS
BODYPUMP



18H

LES MILLS
BODYPUMP



18H30

LES MILLS
BODYCOMBAT



18h45

LES MILLS
CORE



18H15

LES MILLS
BODYJAM



18H15

PILATES



19H

LES MILLS
BODYATTACK



19H30

LES MILLS
BODYBALANCE



19H30

CAF/STRECH



19H15

Strength
Development



19H

LES MILLS
BODYCOMBAT



20H

LES MILLS
BODYJAM



20H15

LES MILLS
BODYPUMP



20H

STRECH MOBILITE



20H

LES MILLS
BODYATTACK / **LES MILLS**
Shapes



Scannez le
Planning



PLANNING CYCLING

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H30 LES MILLS THE TRIP 45'		9H30 LES MILLS THE TRIP 45'	9H30 LES MILLS VIATUAL 45'	9H30 LES MILLS sprint 30'	9H30 LES MILLS sprint 30'
	10H LES MILLS RPM 45'		10H LES MILLS THE TRIP 45'	10H LES MILLS THE TRIP 45'	10H15 LES MILLS RPM 60'
12H30 LES MILLS RPM 45'	12H30 LES MILLS sprint 30'	12H30 LES MILLS RPM 45'	12H15 LES MILLS sprint 30'	12H30 LES MILLS THE TRIP 45'	11H45 LES MILLS THE TRIP 45'
14H LES MILLS VIATUAL 45'	13H05 LES MILLS sprint 30'	14H	12H45 LES MILLS THE TRIP 45'	14H LES MILLS sprint 30'	
15H LES MILLS sprint 30'	15H	15H		15H LES MILLS VIATUAL 45'	
17H45 LES MILLS sprint 30'	17H30 LES MILLS THE TRIP 45'	17H30 LES MILLS sprint 30'	17H45 LES MILLS sprint 30'	17H30 LES MILLS THE TRIP 45'	
19H LES MILLS THE TRIP 45'	18H30 LES MILLS sprint 30'	18H LES MILLS THE TRIP 45'	18H30 LES MILLS RPM 45'	18H30 LES MILLS VIATUAL 45'	
20H LES MILLS RPM 45'	19H30 LES MILLS RPM 45'	19H LES MILLS RPM 60'	19H45 LES MILLS THE TRIP 45'	19H15 LES MILLS sprint 30'	

Scannez le
Planning



PLANNING CINEMA

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10H45
LES MILLS
barre 45'

10H
LES MILLS
BODYPUMP VIRTUAL 45'

11H
LES MILLS
BODYCOMBAT VIRTUAL 45'

11H
LES MILLS
BODYATTACK 45'

11H30
LES MILLS
BODYATTACK 45'

10H45
LES MILLS
BODYBALANCE 45'

11H30
LES MILLS
BODYATTACK 45'

11H45
LES MILLS
CORE 30'

11H45
LES MILLS
CORE 45'

12H30
LES MILLS
CORE 45'

14H
LES MILLS
BODYPUMP VIRTUAL 45'

14H45
LES MILLS
CORE 45'

16H
LES MILLS
BODYBALANCE 45'

17H15
LES MILLS
BODYBALANCE 30'

15H30
LES MILLS
BODYPUMP VIRTUAL 45'

16H30
LES MILLS
BODYBALANCE 45'

17H15
LES MILLS
CORE 30'

9H15
LES MILLS
BODYATTACK 30'

Scannez le
Planning



SESSIONS CINÉMA DISPONIBLES SUR DEMANDE

PLANNING ZONE FONCTIONNELLE

Lundi

9H30

CROSS
TRAINING



Mardi

Mercredi

Jeudi

Vendredi

12H30

Strength
Development



12H30

LES MILLS
GRIT



17H30

CROSS
TRAINING



17H30

LES MILLS
GRIT



17H45

LES MILLS
GRIT



18H30

LES MILLS
GRIT



18h15

LES MILLS
FUNCTIONAL
STRENGTH



18H30

CROSS
TRAINING



19H15

CROSS
TRAINING



19H

CROSS
TRAINING



Scannez le
Planning

