

PLANNING STUDIO FITNESS

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H30 LES MILLS BODYBALANCE 60'	9H30 LES MILLS CORE 30'	9H30 LES MILLS BODYPUMP 45'	9H30 GYM ESSENTIELLE 45'	9H30 LES MILLS Shapes 45'	
		10H15 STRETCHING 30'	10H15 STRETCHING 30'	10H15 STEP 45'	10H15 LES MILLS BODYPUMP 60'
	12H30 LES MILLS BODYCOMBAT 45'		12H30 LES MILLS BODYPUMP 45'	12H30 LES MILLS BODYBALANCE 45'	11H30 LES MILLS BODYBALANCE 60'
17H15 LES MILLS CORE 30'	17H45 STEP 30'	18H LES MILLS BODYATTACK 45'	17H45 LES MILLS CORE 30'		
18H LES MILLS BODYPUMP 60'	18H15 LES MILLS BODYBALANCE 45'	18h45 LES MILLS CORE 45'	18H15 LES MILLS BODYJAM 60'	18H30 PILATES 45'	
19H LES MILLS BODYATTACK 45'	19H LES MILLS BODYCOMBAT 60'	19H30 LES MILLS BODYPUMP 45'	19H15 LES MILLS BODYCOMBAT 45'		
20H LES MILLS BODYJAM 45'	20H LES MILLS BODYPUMP 45'	20H15 STRECH MOBILITE 30'	20H LES MILLS BODYATTACK 45'		

OUVERTURES :

LUNDI : 9H-21H

MARDI : 7H30-14H / 17H-21H

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

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

VENREDI : 9H-20H

SAMEDI 9H-13H

PLANNING STUDIO FITNESS

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H30 LES MILLS BODYBALANCE 60'	9H30 LES MILLS CORE 30'	9H30 LES MILLS BODYPUMP 45'	9H30 GYM ESSENTIELLE 45'	9H30 LES MILLS Shapes 45'	
		10H15 STRETCHING 30'	10H15 STRETCHING 30'	10H15 STEP 45'	10H15 LES MILLS BODYPUMP 60'
	12H30 LES MILLS BODYCOMBAT 45'		12H30 LES MILLS BODYPUMP 45'	12H30 LES MILLS BODYBALANCE 45'	11H30 LES MILLS BODYBALANCE 60'
17H15 LES MILLS CORE 30'	17H45 STEP 30'	18H LES MILLS BODYATTACK 45'	17H45 LES MILLS CORE 30'		
18H LES MILLS BODYPUMP 60'	18H15 LES MILLS BODYBALANCE 45'	18h45 LES MILLS CORE 45'	18H15 LES MILLS BODYJAM 60'	18H30 PILATES 45'	
19H LES MILLS BODYATTACK 45'	19H LES MILLS BODYCOMBAT 60'	19H30 LES MILLS BODYPUMP 45'	19H15 LES MILLS BODYCOMBAT 45'		
20H LES MILLS BODYJAM 45'	20H LES MILLS BODYPUMP 45'	20H15 STRECH MOBILITE 30'	20H LES MILLS BODYATTACK 45'		
					OUVERTURES : LUNDI : 9H-21H MARDI : 7H30-14H / 17H-21H MERCREDI : 9H-14H / 17H-21H JEUDI : 9H-14H / 17H-21H VENDREDI : 9H-20H SAMEDI 9H-13H

PLANNING STUDIO CYCLING

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H30 LES MILLS THE TRIP 45'	7H30 LES MILLS RPM 45'	9H30 LES MILLS RPM 45'	9H30 LES MILLS RPM 30'	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'	10H30 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 RPM 45'	13H05 LES MILLS sprint 30'		12H45 LES MILLS THE TRIP 45'	14H LES MILLS sprint 30'	
15H LES MILLS sprint 30'	17H30 LES MILLS THE TRIP 45'			15H LES MILLS RPM 45'	
17H30 LES MILLS sprint 30'	18h15 LES MILLS RPM 45'	17H30 LES MILLS RPM 30'	17H45 LES MILLS sprint 30'	17H45 LES MILLS RPM 45'	
18H15 LES MILLS RPM 45'		18H05 LES MILLS THE TRIP 45'	18H30 LES MILLS RPM 45'	18h35 LES MILLS THE TRIP 45'	
20H LES MILLS RPM 45'	19H15 LES MILLS RPM 45'	19H LES MILLS RPM 60'	19H30 LES MILLS THE TRIP 45'		

PLANNING CINEMA

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10H45
LES MILLS
BODYCOMBAT VIRTUAL

11H30
LES MILLS
BODYATTACK

12H30
LES MILLS
BODYPUMP VIRTUAL

14H
LES MILLS
BODYPUMP VIRTUAL

14H45
LES MILLS
CORE

16H
LES MILLS
BODYBALANCE

10H
LES MILLS
BODYPUMP VIRTUAL

10H45
LES MILLS
BODYBALANCE

17H15
LES MILLS
BODYBALANCE

11H
LES MILLS
CORE

11H30
LES MILLS
BODYATTACK

12H30
LES MILLS
CORE

11H
LES MILLS
BODYCOMBAT VIRTUAL

11H45
LES MILLS
CORE

11H
LES MILLS
BODYATTACK

11H45
LES MILLS
BODYPUMP VIRTUAL

15H30
LES MILLS
BODYPUMP VIRTUAL

16H30
LES MILLS
BODYBALANCE

17h30
LES MILLS
BODYPUMP VIRTUAL

9H30
LES MILLS
BODYATTACK



SESSIONS CINÉMA DISPONIBLES SUR DEMANDE

PLANNING STUDIO PERFORMANCE

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

9H30

CEREMONY
HYROX



7H30

CEREMONY
HYROX



9H30

CEREMONY
HYROX



9H30

CEREMONY
HYROX



12H30

CEREMONY
HYROX



12H30

LES MILLS
BODYPUMP
HEAVY



12H30

Strength
Development



12H30

LES MILLS
GRIT



18H30

LES MILLS
GRIT



17H30

CEREMONY
HYROX



17H30

LES MILLS
GRIT



18h15

LES MILLS
BODYPUMP
HEAVY



18H15

CEREMONY
HYROX



18H

Strength
Development



19H15

CEREMONY
HYROX



19h15

LES MILLS
GRIT



OUVERTURES :

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MARDI : 7H30-14H / 17H-21H

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