

Lundi

9h30 45'

**LES MILLS
BODYPUMP**

10h30 30'



STRETCH

Mardi

10h00 60'

**LES MILLS
BODYBALANCE**

Mercredi

9h30 45'



**RENFORCEMENT
MUSCULAIRE**

10h15 15'



ABDOS

10h30 30'



STRETCH

Jeudi

10h00 60'



**PILATES
YOGA**

Vendredi

9h30 45'

**LES MILLS
RPM®**

Samedi

9h30 45'

**LES MILLS
BODYPUMP**

10h15 45' 10h15 45'



**LES MILLS
CEREMONY
HYROX**



**LES MILLS
BODYATTACK**

11h15 45'

**LES MILLS
RPM®**

12h30 45'

**LES MILLS
BODYATTACK**

12h30 45' 12h30 45'

**LES MILLS
BODYPUMP**



**WOD
WORK
OUT
OF
THE
DAY**

12h30 45'

**LES MILLS
BODYCOMBAT**

12h15 30'

**LES MILLS
CORE**

12h30 45'

12h45 30'

**LES MILLS
GRIT**

**LES MILLS
RPM®**

12h30 45'

**LES MILLS
CEREMONY
HYROX**

18h00 45'

**LES MILLS
BODYPUMP**

18h45 45' 18h45 45'

**LES MILLS
BODYJAM**

**LES MILLS
RPM®**

19h30 60' 19h30 45'

**LES MILLS
BODYCOMBAT**

**LES MILLS
CEREMONY
HYROX**

18h00 30'

**LES MILLS
CORE**

18h15 45'

**LES MILLS
RPM®**

18h30 30'

**LES MILLS
GRIT**

19h00 60'

19h15 45'

ZUMBA

**WOD
WORK
OUT
OF
THE
DAY**

20h00 30'

**LES MILLS
BODYBALANCE**

17h45 30'

**LES MILLS
sprint**

18h15 45' 18h15 60'

AÉRO

**WOD
WORK
OUT
OF
THE
DAY**

19h00 60'

**STEP
INTER-AVANCE**

19h30 45'

**LES MILLS
CEREMONY
HYROX**

18h30 45' 18h30 45'

**LES MILLS
BODYATTACK**

**LES MILLS
RPM®**

19h15 45' 19h15 60'

**LES MILLS
BODYPUMP**

**WOD
WORK
OUT
OF
THE
DAY**

18h00 60'



**STEP
DÉBUTANT**

18h15 30'

**LES MILLS
sprint**

18h45 60'

**WOD
WORK
OUT
OF
THE
DAY**