





LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09:00 - 09:30 <sup>NEW</sup> <b>TRAINING</b>	09:30 - 10:15 <b>CORE</b>			09:30 - 10:15 <b>LES MILLS BODYPUMP</b>	09:30 - 10:00 <b>CORE</b>
10:30 - 11:15 <b>LES MILLS BODYPUMP</b>				10:30 - 11:15 <sup>NEW</sup> <b>LES MILLS DANCE</b>	
	11:30 - 12:15 <b>LES MILLS Shapes</b>	11:30 - 12:15 <b>ZUMBA</b>	11:30 - 12:15 <b>STEP NIVEAU EASY</b>		11:15 - 12:00 <b>CALM</b>
		12:30 - 13:15 <b>LES MILLS BODYPUMP</b>	12:30 - 13:15 <b>LES MILLS Shapes</b>		
17:45 - 18:30 <b>LES MILLS BODYATTACK</b>	17:45 - 18:15 <sup>NEW</sup> <b>TRAINING</b>	17:45 - 18:30 <b>LES MILLS Shapes</b>	17:45 - 18:30 <b>CORE</b>	17:30 - 18:00 <b>LES MILLS BODYPUMP</b>	 STUDIO <b>V I D A A</b>
18:30 - 19:15 <b>LES MILLS Shapes</b>	18:30 - 19:15 <b>LES MILLS BODYPUMP</b>	18:30 - 19:15 <sup>NEW</sup> <b>LES MILLS DANCE</b>	18:30 - 19:00 <b>LES MILLS BODYATTACK</b>	18:00 - 18:45 <b>STEP NIVEAU EASY</b>	
19:15 - 20:00 <b>ZUMBA</b>	19:30 - 20:15 <b>STEP NIVEAU INTERMÉDIAIRE</b>	19:30 - 20:15 <b>LES MILLS BODYCOMBAT</b>	19:15 - 20:00 <b>LES MILLS BODYPUMP</b>	19:00 - 19:45 <b>TRAINING</b>	
20:00 - 20:45 <b>CORE</b>			20:00 - 20:45 <b>SALSA SUELTA</b>		

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
			09:30 - 10:15 <b>LES MILLS RPM</b>		
	10:30 - 11:15 <b>LES MILLS THE TRIP VIRTUAL</b>				10:15 - 11:00 <b>LES MILLS RPM</b>
12:30 - 13:15 <b>LES MILLS RPM</b>					
		17:30 - 18:15 <b>LES MILLS RPM</b>	17:45 - 18:30 <b>TRAINING</b>		 STUDIO <b>R O D A</b>
18:30 - 19:15 <b>LES MILLS RPM</b>	18:30 - 19:15 <b>TRAINING</b>	18:30 - 19:15 <b>LES MILLS THE TRIP</b>	18:30 - 19:00 <b>LES MILLS RPM</b>	18:00 - 18:45 <b>LES MILLS THE TRIP</b>	
19:30 - 20:15 <b>LES MILLS THE TRIP</b>	19:30 - 20:15 <b>LES MILLS RPM</b>			19:00 - 19:30 <b>LES MILLS sprint VIRTUAL</b>	

En dehors des heures de cours, réservez votre séance virtuelle à la demande (RPM, Sprint, The Trip).

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	
09:30 - 10:15 <b>LES MILLS BODYBALANCE</b>		09:30 - 10:15 <b>PILATES</b>			 STUDIO <b>V I D A A</b>
	10:30 - 11:15 <b>Postural Ball®</b>	10:30 - 11:15 <b>HATHA YOGA</b>	10:30 - 11:30 <b>LES MILLS BODYBALANCE</b>		
11:30 - 12:15 <b>PILATES</b>				11:30 - 12:15 <b>HATHA YOGA</b>	
	12:30 - 13:15 <b>PILATES</b>			12:30 - 13:15 <b>Postural Ball®</b>	 STUDIO <b>A L M A</b>
17:30 - 18:15 <b>LES MILLS BODYBALANCE</b>	17:00 - 17:45 <b>YIN YOGA</b>	17:30 - 18:15 <sup>NEW</sup> <b>PILATES MATÉRIEL</b>		18:00 - 18:45 <b>PILATES MATÉRIEL</b>	
18:30 - 19:15 <b>PILATES</b>	18:00 - 18:45 <b>HATHA YOGA</b>	18:30 - 19:15 <b>Postural Ball®</b>	18:00 - 18:45 <b>CALM</b>	19:00 - 19:45 <sup>NEW</sup> <b>PILATES MATÉRIEL</b>	
19:30 - 20:15 <b>Postural Ball®</b>	19:00 - 19:45 <b>YOGA VINYASA</b>	19:30 - 20:15 <b>LES MILLS BODYBALANCE</b>	19:00 - 19:45 <b>PILATES</b>	19:00 - 19:45 <b>LES MILLS BODYBALANCE</b>	
			20:00 - 20:45 <b>HATHA YOGA</b>		