




| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|--|--|--|--|--|---|
| 09:00 - 09:30 TRAINING | 09:30 - 10:15 CORE | 09:30 - 10:15 LES MILLS Shapes | | | 09:30 - 10:00 CORE |
| 10:30 - 11:15 LES MILLS BODYPUMP | | 10:30 - 11:15 ZUMBA | | 10:30 - 11:15 LES MILLS DANCE | |
| | 11:30 - 12:15 TRAINING | | 11:30 - 12:15 STEP | | |
| | | 12:30 - 13:15 LES MILLS BODYPUMP | | 12:30 - 13:15 LES MILLS Shapes | |
| 17:45 - 18:30 LES MILLS BODYATTACK | 17:45 - 18:30 STEP | 17:45 - 18:30 LES MILLS Shapes | 17:45 - 18:30 CORE | |  STUDIO |
| 18:30 - 19:15 LES MILLS Shapes | 18:30 - 19:15 LES MILLS BODYPUMP | 18:30 - 19:15 LES MILLS DANCE | | | V |
| 19:15 - 20:00 ZUMBA | | 19:15 - 20:00 LES MILLS BODYCOMBAT | 19:15 - 20:00 LES MILLS BODYPUMP | 19:00 - 19:45 TRAINING | D |
| 20:00 - 20:45 TRAINING | | | 20:00 - 20:45 SALSA SUELTA | | A |

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

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|---|---|---|---|---|---|
| 09:30 - 10:15 LES MILLS BODYBALANCE | | | | 09:30 - 10:15 PILATES MATÉRIEL | |
| | 10:30 - 11:15 Postural Ball® | | 10:30 - 11:30 LES MILLS BODYBALANCE | | |
| 11:30 - 12:15 LES MILLS PILATES | | 11:30 - 12:15 CALM | | 11:30 - 12:15 HATHA YOGA | 11:15 - 12:00 CALM |
| | 12:30 - 13:15 PILATES MATÉRIEL | | 12:30 - 13:15 Postural Ball® | | |
| | 17:00 - 17:45 YIN YOGA | | | 17:15 - 18:00 Postural Ball® |  STUDIO |
| 17:45 - 18:30 LES MILLS BODYBALANCE | 17:45 - 18:30 HATHA YOGA | | | 18:00 - 18:45 LES MILLS BODYBALANCE | A |
| 18:30 - 19:15 PILATES MATÉRIEL | 18:30 - 19:15 YOGA VINYASA | 18:30 - 19:15 Postural Ball® | 18:30 - 19:15 LES MILLS PILATES | | L |
| 19:15 - 20:00 CALM | 19:30 - 20:15 LES MILLS PILATES | 19:15 - 20:00 LES MILLS BODYBALANCE | | | M |
| 20:00 - 20:45 Postural Ball® | | 11:30 - 12:15 HATHA YOGA | | | A |