

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

12:30 - 13:15

LES MILLS
RPM

10:30 - 11:15

LES MILLS
THE TRIP
VIRTUAL

09:30 - 10:15

LES MILLS
RPM

10:15 - 11:00

LES MILLS
RPM

18:30 - 19:15

LES MILLS
RPM

18:30 - 19:15

TRAINING

17:30 - 18:15

LES MILLS
RPM

18:30 - 19:15

LES MILLS
THE TRIP

18:30 - 19:15

LES MILLS
RPM

18:00 - 18:45

LES MILLS
THE TRIP

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



STUDIO

R
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D
A

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09:00 - 09:30

TRAINING

09:30 - 10:15

CORE

09:30 - 10:15

LES MILLS
Shapes

10:30 - 11:15

LES MILLS
BODYPUMP

10:30 - 11:15

 **ZUMBA**

10:30 - 11:15

LES MILLS
DANCE

09:30 - 10:00

CORE

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
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D
A

19:15 - 20:00

 **ZUMBA**

19:15 - 20:00

LES MILLS
BODYCOMBAT

19:15 - 20:00

LES MILLS
BODYPUMP

19:00 - 19:45

TRAINING

20:00 - 20:45

TRAINING

20:00 - 20:45

SALSA
SUELTA

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09:30 - 10:15
LES MILLS
BODYBALANCE

11:30 - 12:15 **NEW**
LES MILLS
PILATES

17:45 - 18:30
LES MILLS
BODYBALANCE

18:30 - 19:15
PILATES
MATÉRIEL

19:15 - 20:00
CALM

20:00 - 20:45
Postural Ball®

10:30 - 11:15
Postural Ball®

12:30 - 13:15
PILATES
MATÉRIEL

17:00 - 17:45
YIN YOGA

17:45 - 18:30
HATHA
YOGA

18:30 - 19:15
YOGA
VINYASA

19:30 - 20:15 **NEW**
LES MILLS
PILATES

11:30 - 12:15
CALM

18:30 - 19:15
Postural Ball®

19:15 - 20:00
LES MILLS
BODYBALANCE

20:00 - 20:45
HATHA
YOGA

10:30 - 11:30
LES MILLS
BODYBALANCE

12:30 - 13:15
Postural Ball®

18:30 - 19:15 **NEW**
LES MILLS
PILATES

09:30 - 10:15
PILATES
MATÉRIEL

11:30 - 12:15
HATHA
YOGA

17:15 - 18:00
Postural Ball®

18:00 - 18:45
LES MILLS
BODYBALANCE

11:15 - 12:00
CALM



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M
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Les cours précédés de la pastille **v** auront lieu dans le Studio VIDA.