

STUDIO AQUA



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

7

8

9

9h15 PLANET AQUA
AQUADYNAMIC

9h15 **AQUACYCLING**

9h15 **AQUACYCLING**

9h15 **AQUACYCLING**

9h15 PLANET AQUA
AQUADYNAMIC

10

10h15 **AQUACYCLING**

10h15 ACCROSPORT
AQUATRaining

10h15 ACCROSPORT
AQUATRaining

10h15 PLANET AQUA
AQUADYNAMIC

10h15 ACCROSPORT
AQUATRaining

10h PLANET AQUA
AQUADYNAMIC

11

11h **AQUACYCLING**

12

12h15 PLANET AQUA
AQUADYNAMIC

12h15 **AQUACYCLING**

12h15 ACCROSPORT
AQUATRaining

12h15 **AQUACYCLING**

13

14

15

16

17

17h45 ACCROSPORT
AQUATRaining

17h45 ACCROSPORT
AQUATRaining

17h45 PLANET AQUA
AQUADYNAMIC

17h45 **AQUACYCLING**

17h45 PLANET AQUA
AQUADYNAMIC

18

18h35 **AQUACYCLING**

18h35 PLANET AQUA
AQUADYNAMIC

18h35 PLANET AQUA
AQUADYNAMIC

19

20

STUDIO CROSS TRAINING



lundi

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10h15 WOD

10h15 WOD

11h WOD

12h15 WOD

12h15 WOD

12h15 WOD

12h15 WOD

12h15 WOD

17h45 WOD

17h45 WOD

17h45 WOD

17h45 WOD

17h45 WOD

18h45 WOD

18h45 WOD

18h45 WOD

18h45 WOD

18h45 WOD

STUDIO CYCLING



lundi

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jeudi

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samedi

dim.

7h30 **LES MILLS**
RPM

9h15 **LES MILLS**
RPM

10h15 **LES MILLS**
RPM

10h15 **LES MILLS**
RPM

10h **LES MILLS**
RPM

11h **LES MILLS**
SPRINT

11h30 **LES MILLS**
RPM

12h15 **LES MILLS**
RPM

12h15 **LES MILLS**
RPM

17h45 **LES MILLS**
RPM

18h **LES MILLS**
SPRINT

17h45 **LES MILLS**
SPRINT

17h45 **LES MILLS**
RPM

17h45 **LES MILLS**
RPM

18h30 **LES MILLS**
RPM

18h35 **LES MILLS**
RPM

STUDIO FITNESS



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9h30 ^{LES MILLS} **CORE**

9h30 ^{LES MILLS} **CORE**

9h30 ^{LES MILLS} **CORE**

9h15 ^{LES MILLS} **BODYBALANCE**

9h15 ^{LES MILLS} **BODYPUMP**

10h15 ^{LES MILLS} **BODYBALANCE**

10h15 ^{LES MILLS} **BODYPUMP**

10h ^{LES MILLS} **BODYBALANCE**

10h15 ^{LES MILLS} **BODYPUMP**

12h20 ^{LES MILLS} **BODYATTACK**

12h20 ^{LES MILLS} **BODYBALANCE**

12h20 ^{LES MILLS} **BODYPUMP**

17h45 ^{LES MILLS} **BODYCOMBAT**

17h45 ^{LES MILLS} **BODYATTACK**

17h45 ^{LES MILLS} **BODYPUMP**

17h45 ^{LES MILLS} **BODYBALANCE**

18h30 ^{LES MILLS} **BODYPUMP**

18h30 ^{LES MILLS} **BODYBALANCE**

18h30 ^{LES MILLS} **BODYJAM**

18h30 ^{LES MILLS} **BODYCOMBAT**

18h30 ^{LES MILLS} **BODYATTACK**

19h30 ^{LES MILLS} **BODYATTACK**

19h30 ^{LES MILLS} **BODYPUMP**

STUDIO FONCTIONNEL



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

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10h15 **TRX TRAINING**
TRX

10h15 **ST45**
STATION 45

9h15 **TRX TRAINING**
TRX

10h15 **ST45**
STATION 45

10h **ST45**
STATION 45

12h15 **TRX TRAINING**
TRX

12h15 **ST45**
STATION 45

12h15 **ST45**
STATION 45

17h45 **TRX TRAINING**
TRX

18h30 **ST45**
STATION 45

18h30 **LESMILLS**
GRIT STRENGTH

18h30 **ST45**
STATION 45

17h45 **TRX TRAINING**
TRX

18h30 **ST45**
STATION 45

18h30 **ST45**
STATION 45

19h00 **TRX TRAINING**
TRX

19h30 **LESMILLS**
GRIT

PLANNING

lundi	mardi	merc.	jeudi	vendr.	samedi	dim.
	7h30	9h15		9h15	9h30 <small>LES MILLS</small> CORE	10h15
9h15	9h15	9h30 <small>LES MILLS</small> CORE	9h15	9h15	10h	11h30
	10h15	10h15	9h15	10h15	10h	
10h15	10h15	10h15	10h15		10h	
10h15	10h15		10h15		10h	
	12h15	12h15	12h15	12h15	12h15	11h
12h15 <small>LES MILLS</small> BODYATTACK	12h15	12h15	12h15	12h15	11h <small>LES MILLS</small> SPRINT	11h
12h15	12h15	12h15		12h15		
	12h15	12h15				
	17h45	17h45	17h45	17h45	17h45	
17h45	17h45	17h45 <small>LES MILLS</small> SPRINT	17h45	17h45	17h45	
17h45	17h45 <small>LES MILLS</small> BODYATTACK	17h45	17h45		17h45	
17h45	18h <small>LES MILLS</small> SPRINT		17h45		17h45	
17h45	18h30 <small>LES MILLS</small> GRIT STRENGTH	18h30	17h45		18h30 <small>LES MILLS</small> BODYATTACK	
18h30	18h30	18h30	17h45		18h30	
18h35	18h30	18h30	18h30		18h30	
	18h35	18h30	18h30		18h30	
	18h45	18h45	18h45		18h45	
18h45	19h15	18h45	18h45			
19h30 <small>LES MILLS</small> BODYATTACK	19h30		19h30			