

PLANNING 2024

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

matin

WATER FORM
AQUACYCLING 9h30
9h30 **LES MILLS RPM**
10h30 **LES MILLS CORE**
PLANET AQUA
AQUADYNAMIC 10h30

LES MILLS DANCE 9h30
10h30 **ACCROSPORT YOGA**
10h30 WATER FORM
AQUACYCLING
10h30 **LES MILLS RPM VIRTUAL**

9h30 **ACCROSPORT YOGA**
10h30 PLANET AQUA
AQUADYNAMIC
11h00 **LES MILLS RPM VIRTUAL**

WATER FORM
AQUACYCLING 9h30
LES MILLS RPM VIRTUAL 9h30
LES MILLS BODYPUMP 10h30

9h30 **LES MILLS BODYBALANCE**
9h30 PLANET AQUA
AQUADYNAMIC
WATER FORM 10h30
AQUACYCLING
10h45 **TRX TRAINING TRX** 30

WATER FORM 9h30
AQUACYCLING
LES MILLS RPM VIRTUAL 10h00
LES MILLS BODYPUMP 10h30
10h30 PLANET AQUA
AQUADYNAMIC
11h30 **LES MILLS RPM**

LES MILLS RPM VIRTUAL 9h30
10h **LES MILLS BODYPUMP**
10h **ACCROSPORT AQUATRaining**
11h **LES MILLS RPM**
11h WATER FORM
AQUACYCLING

midi

LES MILLS BODYPUMP 12h30
LES MILLS RPM VIRTUAL 12h30

12h30 **LES MILLS RPM**
12h30 PLANET AQUA
AQUADYNAMIC

12h30 **ST45 STATION 45**

12h30 **ACCROSPORT AQUATRaining** 12h30
LES MILLS RPM

12h30 **LES MILLS RPM VIRTUAL**
12h30 **LES MILLS CORE**

14h00 **LES MILLS RPM VIRTUAL**

LES MILLS RPM VIRTUAL 15h00

15h00 **LES MILLS RPM VIRTUAL**
17h30 **LES MILLS RPM**
17h45 **LES MILLS CORE**

14h00 **LES MILLS RPM VIRTUAL**

17h30 **LES MILLS BODYBALANCE**
18h30 **TRX TRAINING TRX** 30

17h30 **LES MILLS RPM**

15h00 **LES MILLS RPM VIRTUAL**
17h15 **ACCROSPORT YOGA**

16h30 **LES MILLS RPM VIRTUAL**

17h30 **ST45 STATION 45**

18h30 **PLANET AQUA AQUADYNAMIC**
18h30 **LES MILLS BODYPUMP**

18h30 **LES MILLS BODYATTACK**

18h30 **LES MILLS CORE**

LES MILLS BODYPUMP 17h30
LES MILLS RPM VIRTUAL 17h30
18h30 **LES MILLS DANCE**

18h30 **LES MILLS BODYBALANCE**

18h30 **LES MILLS BODYPUMP**

18h30 **ACCROSPORT AQUATRaining**
LES MILLS RPM VIRTUAL 18h30

18h30 WATER FORM
AQUACYCLING
LES MILLS RPM VIRTUAL 18h30

18h30 **PLANET AQUA AQUADYNAMIC**
18h30 **LES MILLS RPM**

18h30 WATER FORM
AQUACYCLING

19h30 WATER FORM
AQUACYCLING
LES MILLS RPM 19h30

19h30 **ZUMBA FITNESS ZUMBA**
WATER FORM 19h30
AQUACYCLING

18h30 **ST45 STATION 45**
19h30 **LES MILLS BODYPUMP**

WATER FORM 19h30
AQUACYCLING
19h30 **ST45 STATION 45**

18h30 **LES MILLS SPRINT**

après-midi

19h45 **TRX TRAINING TRX** 30

19h30 **LES MILLS RPM**

19h30 **ACCROSPORT AQUATRaining**