

# PLANNING 2024

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

matin

midi

après-midi

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

TRX TRAINING  
**TRX** 12h30  
**LES MILLS BODYPUMP** 12h30  
**LES MILLS RPM VIRTUAL** 12h30

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

18h30 **ST45 STATION 45**  
PLANET AQUA  
**AQUADYNAMIC** 18h30  
18h30 **LES MILLS BODYPUMP**

19h30 WATER FORM  
**AQUACYCLING**  
**LES MILLS RPM** 19h30

19h45 TRX TRAINING  
**TRX** 30

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

11h30 ACCROSPORT  
**AQUATRaining**

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

14h00 **LES MILLS RPM VIRTUAL**

17h30 **ST45 STATION 45**  
17h30 **LES MILLS BODYBALANCE**

18h30 TRX TRAINING  
**TRX** 30

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

19h30 ZUMBA FITNESS  
**ZUMBA**  
WATER FORM  
**AQUACYCLING** 19h30  
19h30 **LES MILLS RPM**

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

11h30 WATER FORM  
**AQUACYCLING**

12h30 **ST45 STATION 45**  
12h30 **LES MILLS SPRINT**

17h30 **ST45 STATION 45**

17h30 **LES MILLS RPM**  
18h30 **LES MILLS RPM**  
18h30 **LES MILLS CORE**

18h30 WATER FORM  
**AQUACYCLING**

19h15 **LES MILLS BODYPUMP** 45  
ACCROSPORT  
**AQUATRaining** 19h30

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

ACCROSPORT  
**AQUATRaining** 12h30

12h30 **LES MILLS RPM**  
12h30 **LES MILLS BODYBALANCE**  
PLANET AQUA  
**AQUADYNAMIC** 14h30

15h00 **LES MILLS RPM VIRTUAL**

17h15 ACCROSPORT  
**YOGA**

45 **LES MILLS BODYPUMP** 17h30  
**LES MILLS RPM VIRTUAL** 17h30

18h15 **LES MILLS DANCE**  
PLANET AQUA  
**AQUADYNAMIC** 18h30

18h30 **LES MILLS RPM**

19h **LES MILLS BODYATTACK**  
WATER FORM  
**AQUACYCLING** 19h30  
19h30 **ST45 STATION 45**

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

10h30 TRX TRAINING  
**TRX** 30

12h30 **LES MILLS RPM VIRTUAL**

12h30 **LES MILLS CORE**

16h30 **LES MILLS RPM VIRTUAL**

17h30 **ST45 STATION 45**

18h30 **LES MILLS BODYBALANCE** 45

18h30 WATER FORM  
**AQUACYCLING**

18h30 **LES MILLS RPM**

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

11h30 ACCROSPORT  
**AQUATRaining**

14h00 **LES MILLS RPM VIRTUAL**

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

**LES MILLS RPM VIRTUAL** 15h00