

| lundi                                                | mardi                             | merc.                              | jeudi                                                | vendr.                                         | samedi                                                    | dim.                       |
|------------------------------------------------------|-----------------------------------|------------------------------------|------------------------------------------------------|------------------------------------------------|-----------------------------------------------------------|----------------------------|
| 9h30 <b>LES MILLS CORE</b>                           | 9h30 <b>LES MILLS DANCE</b>       |                                    | 9h30 <b>TRX TRAINING TRX</b><br>(à partir du 20/01)  | 9h30 <b>LES MILLS CORE</b>                     | 9h30 <b>LES MILLS BODYPUMP &amp; LES MILLS BODYATTACK</b> |                            |
| 10h30 <b>LES MILLS RPM</b>                           | 10h30 <b>LES MILLS BODYPUMP</b>   | 10h30 <b>LES MILLS BODYBALANCE</b> |                                                      |                                                | 10h30 <b>LES MILLS RPM</b>                                | 10h30 <b>LES MILLS RPM</b> |
| 12h30 <b>LES MILLS BODYPUMP</b>                      | 12h30 <b>LES MILLS RPM</b>        |                                    | 12h30 <b>LES MILLS BODYBALANCE</b>                   | 12h30 <b>LES MILLS RPM</b>                     |                                                           |                            |
| 17h45 <b>TRX TRAINING TRX</b><br>(à partir du 20/01) |                                   | 17h45 <b>LES MILLS RPM</b>         | 17h45 <b>TRX TRAINING TRX</b><br>(à partir du 20/01) | 17h45 <b>LES MILLS BODYPUMP</b> <sup>45'</sup> |                                                           |                            |
| 18h30 <b>LES MILLS RPM</b>                           | 18h30 <b>LES MILLS BODYATTACK</b> | 18h30 <b>LES MILLS BODYPUMP</b>    | 18h30 <b>LES MILLS BODYBALANCE</b>                   | 18h30 <b>LES MILLS BODYCOMBAT</b>              |                                                           |                            |
| 19h15 <b>LES MILLS BODYPUMP</b>                      | 19h15 <b>LES MILLS RPM</b>        |                                    |                                                      |                                                |                                                           |                            |