

lundi	mardi	merc.	jeudi	vendr.	samedi	dim.
9h30 LES MILLS CORE	9h30 LES MILLS DANCE		9h30 TRX TRAINING TRX (45)	9h30 LES MILLS CORE	9h30 LES MILLS BODYATTACK & LES MILLS BODYPUMP	
10h30 LES MILLS RPM	10h30 LES MILLS BODYPUMP	10h30 LES MILLS BODYBALANCE			10h30 LES MILLS RPM	10h30 LES MILLS RPM
12h30 LES MILLS BODYPUMP	12h30 LES MILLS RPM		12h30 LES MILLS BODYBALANCE	12h30 LES MILLS RPM		
17h45 TRX TRAINING TRX (45)		17h45 LES MILLS RPM	17h45 TRX TRAINING TRX (45)	17h45 LES MILLS BODYPUMP (45)		
18h30 LES MILLS RPM	18h15 LES MILLS BODYATTACK	18h30 LES MILLS BODYPUMP	18h30 LES MILLS BODYBALANCE	18h30 LES MILLS BODYCOMBAT (45)		
19h15 LES MILLS BODYPUMP	19h15 LES MILLS RPM					