

PLANNING 2025

matin

midi

après-midi

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

LES MILLS
RPM VIRTUAL 7h15
WATER FORM
AQUACYCLING 9h30
9h30 LES MILLS
RPM
10h30 LES MILLS
CORE
PLANET AQUA
AQUADYNAMIC 10h30

TRX TRAINING 45
TRX BOOTCAMP 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
PLANET AQUA
AQUADYNAMIC 18h30

18h30 LES MILLS
BODYPUMP

19h30 WATER FORM
AQUACYCLING
LES MILLS
RPM 19h30

19h30 LES MILLS
BODYCOMBAT

LES MILLS
RPM VIRTUAL 7h15
LES MILLS
DANCE 9h30
10h30 ACCROSPORT
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
17h30 LES MILLS
BODYBALANCE

18h30 TRX TRAINING 45
TRX BOOTCAMP
18h30 LES MILLS
BODYATTACK

18h30 ACCROSPORT
AQUATRaining
LES MILLS
RPM VIRTUAL 18h30

19h30 ZUMBA FITNESS
ZUMBA
WATER FORM
AQUACYCLING 19h30

19h30 LES MILLS
RPM

7h15 LES MILLS
RPM VIRTUAL
9h30 ACCROSPORT
YOGA
10h30 PLANET AQUA
AQUADYNAMIC

11h00 LES MILLS
RPM VIRTUAL
11h30 WATER FORM
AQUACYCLING

12h30 ST45
12h30 LES MILLS
SPRINT

17h30 ST45
17h30 LES MILLS
RPM

17h45 LES MILLS
BODYCOMBAT
18h30 LES MILLS
RPM

18h30 LES MILLS
CORE
18h30 WATER FORM
AQUACYCLING

19h15 LES MILLS
BODYPUMP 45
ACCROSPORT
AQUATRaining 19h30

LES MILLS
RPM VIRTUAL 7h15
WATER FORM
AQUACYCLING 9h30
LES MILLS
RPM VIRTUAL 9h30
9h30 ST45

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

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

7h15 LES MILLS
RPM VIRTUAL
9h30 LES MILLS
BODYBALANCE
9h30 PLANET AQUA
AQUADYNAMIC
WATER FORM
AQUACYCLING 10h30

10h30 TRX TRAINING 45
TRX BOOTCAMP

12h30 LES MILLS
RPM VIRTUAL
12h30 LES MILLS
CORE

16h30 LES MILLS
RPM VIRTUAL

17h30 ST45

18h30 LES MILLS
BODYBALANCE

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