

# PLANNING 2025

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 45  
**TRX BOOTCAMP** 12h30

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

15h00 **LES MILLS RPM VIRTUAL**

ACCROSPORT  
**AQUABOXING** 17h30

17h45 **LES MILLS SPRINT**

17h45 **LES MILLS CORE**

18h30 **ST45 STATION 45**

PLANET AQUA  
**AQUADYNAMIC** 18h30

18h30 **LES MILLS BODYPUMP**

WATER FORM  
**AQUACYCLING** 19h30

**LES MILLS RPM** 19h30

19h30 **LES MILLS BODYCOMBAT**

**LES MILLS DANCE** 9h30

ACCROSPORT  
**YOGA** 10h30

WATER FORM  
**AQUACYCLING** 10h30

**LES MILLS RPM VIRTUAL** 10h30

ACCROSPORT  
**AQUATRaining** 11h30

12h30 **LES MILLS RPM**

12h30 PLANET AQUA  
**AQUADYNAMIC**

14h00 **LES MILLS RPM VIRTUAL**

17h30 **ST45 BOXING**

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**

9h30 ACCROSPORT  
**YOGA**

PLANET AQUA  
**AQUADYNAMIC** 10h30

**LES MILLS RPM VIRTUAL** 11h00

11h30 WATER FORM  
**AQUACYCLING**

12h30 **ST45 STATION 45**

12h30 **LES MILLS SPRINT**

17h30 **ST45 STATION 45**

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

WATER FORM  
**AQUACYCLING** 9h30

**LES MILLS RPM VIRTUAL** 9h30

9h30 **ST45 BOXING**

**LES MILLS BODYPUMP** 10h30

PLANET AQUA  
**AQUADYNAMIC** 10h30

11h30 ACCROSPORT  
**AQUABOXING**

ACCROSPORT  
**AQUATRaining** 12h30

12h30 **LES MILLS RPM**

12h30 **LES MILLS BODYBALANCE**

14h30 PLANET AQUA  
**AQUADYNAMIC**

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 STATION 45**

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 STATION 45**

18h30 **LES MILLS BODYBALANCE**

WATER FORM  
**AQUACYCLING** 18h30

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

**LES MILLS BODYPUMP** 10h

**LES MILLS BODYPUMP** 10h

ACCROSPORT  
**AQUATRaining** 10h

**LES MILLS RPM** 11h

**LES MILLS RPM** 11h

WATER FORM  
**AQUACYCLING** 11h

**LES MILLS RPM VIRTUAL** 15h00