

PLANNING ÉTÉ 2025

matin

midi

après-midi

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

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

TRX TRAINING 45
TRX BOOTCAMP 12h30

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

15h00 **LES MILLS**
RPM VIRTUAL
ACCROSPORT 17h30
AQUABOXING

17h45 **LES MILLS**
SPRINT
17h45 **LES MILLS**
CORE

18h30 **ST 45**
STATION 45

PLANET AQUA
AQUADYNAMIC 18h30

18h30 **LES MILLS**
BODYPUMP

WATER FORM 19h30
AQUACYCLING

LES MILLS
RPM 19h30

19h30 **LES MILLS**
BODYCOMBAT

LES MILLS
DANCE 9h30

ACCROSPORT 10h30
YOGA

WATER FORM 10h30
AQUACYCLING

10h30 **LES MILLS**
RPM VIRTUAL

11h30 ACCROSPORT
AQUATRaining

12h30 **LES MILLS**
RPM

12h30 PLANET AQUA
AQUADYNAMIC

14h00 **LES MILLS**
RPM VIRTUAL

17h30 **ST 45**
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 19h30
AQUACYCLING

9h30 ACCROSPORT
YOGA

10h30 PLANET AQUA
AQUADYNAMIC

11h00 **LES MILLS**
RPM VIRTUAL

11h30 WATER FORM
AQUACYCLING

12h30 **ST 45**
STATION 45

17h30 **ST 45**
STATION 45

17h30 **LES MILLS**
RPM

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
CORE

18h30 WATER FORM
AQUACYCLING

19h15 **LES MILLS**
BODYPUMP 45

19h30 ACCROSPORT
AQUATRaining

WATER FORM 9h30
AQUACYCLING

LES MILLS
RPM VIRTUAL 9h30

9h30 **ST 45**
BOXING

10h30 **LES MILLS**
BODYPUMP

10h30 PLANET AQUA
AQUADYNAMIC

11h30 ACCROSPORT
AQUABOXING

12h30 ACCROSPORT
AQUATRaining

12h30 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYBALANCE

14h30 PLANET AQUA
AQUADYNAMIC

15h00 **LES MILLS**
RPM VIRTUAL

17h15 ACCROSPORT
YOGA

17h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
RPM VIRTUAL

18h15 **LES MILLS**
DANCE

18h30 PLANET AQUA
AQUADYNAMIC

18h30 **LES MILLS**
RPM

19h30 WATER FORM
AQUACYCLING

19h30 **ST 45**
STATION 45

9h30 **LES MILLS**
BODYBALANCE

9h30 PLANET AQUA
AQUADYNAMIC

WATER FORM 10h30
AQUACYCLING

10h30 TRX TRAINING 45
TRX BOOTCAMP

12h30 **LES MILLS**
RPM VIRTUAL

12h30 **LES MILLS**
CORE

16h30 **LES MILLS**
RPM VIRTUAL

17h30 **ST 45**
STATION 45

18h30 **LES MILLS**
BODYBALANCE

18h30 WATER FORM
AQUACYCLING

18h30 **LES MILLS**
RPM

WATER FORM 9h30
AQUACYCLING

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

11h **LES MILLS**
RPM

11h WATER FORM
AQUACYCLING

15h00 **LES MILLS**
RPM VIRTUAL