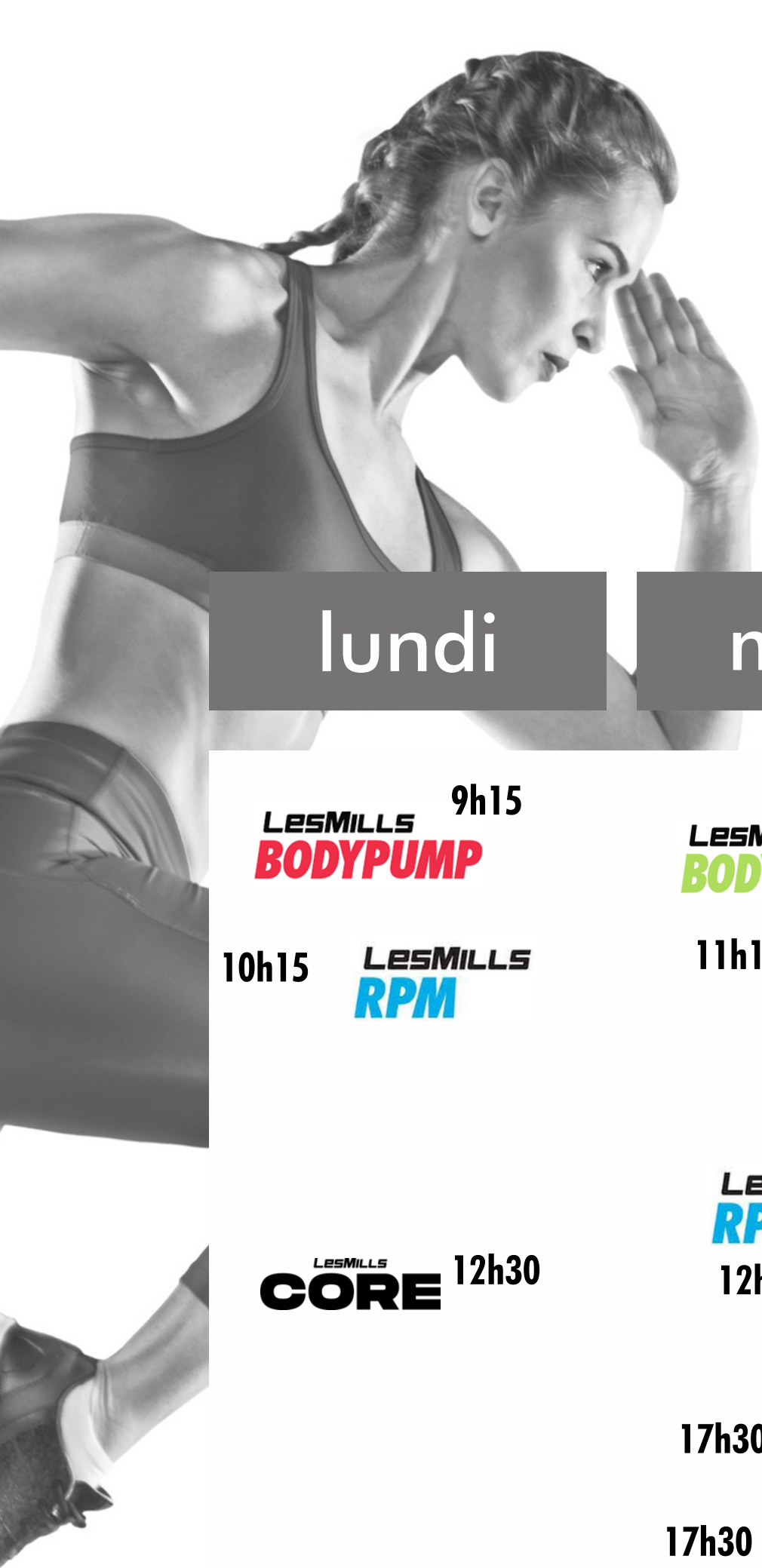




PLANNING été 2025

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

9h15
LES MILLS
BODYPUMP

10h15
LES MILLS
RPM

LES MILLS
CORE 12h30

17h30
LES MILLS
GRIT STRENGTH

18h
LES MILLS
CORE

LES MILLS
RPM 18h30

LES MILLS 18h30
BODYPUMP

TRX TRAINING
TRX 19h

19h30
LES MILLS
BODYBALANCE

19h30
ST45
STATION 45

LES MILLS 10h15
BODYBALANCE

11h15
LES MILLS
BODYPUMP

LES MILLS 12h30
RPM
12h30 **ST45**
STATION 45

17h30
LES MILLS
RPM

17h30
LES MILLS
BODYBALANCE

18h
LES MILLS
GRIT CARDIO

18h15
LES MILLS
BODYSTEP

TRX TRAINING
TRX 18h30

18h30
LES MILLS
RPM

19h
Strength Development
LES MILLS

19h15
ST45
STATION 45

LES MILLS 19h45
BODYPUMP

9h15
LES MILLS
RPM

10h15
LES MILLS
CORE

LES MILLS 12h30
BODYBALANCE

LES MILLS 17h45
BODYJAM

18h
LES MILLS
GRIT ATHLETIC

18h00
TRX TRAINING
TRX

18h30
LES MILLS
RPM

LES MILLS 18h30
BODYPUMP

18h45
ST45
STATION 45

LES MILLS 19h30
BODYATTACK

10h15
LES MILLS
BODYATTACK

12h30
LES MILLS
RPM
12h30 **ST45**
STATION 45

17h30
LES MILLS
BODYPUMP

TRX TRAINING
TRX 18h

18h15
Strength Development
LES MILLS

19h
LES MILLS
BODYATTACK

19h
LES MILLS
RPM

LES MILLS 19h45
BODYCOMBAT

9h15
LES MILLS
GRIT CARDIO

TRX TRAINING
TRX 10h

11h15
LES MILLS
RPM

LES MILLS 12h30
BODYPUMP

17h30
LES MILLS
CORE
17h30 **ST45**
STATION 45

18h00
LES MILLS
RPM

18h15
LES MILLS
BODYBALANCE

9h30
LES MILLS
SPRINT

10h
LES MILLS
BODYATTACK

10h
LES MILLS
RPM

LES MILLS 11h
BODYPUMP

10h
LES MILLS
BODYBALANCE

11h
LES MILLS
RPM

LES MILLS 11h00
BODYCOMBAT