



PLANNING été 2025

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

9h15 **LES MILLS**
BODYPUMP

10h15 **LES MILLS**
RPM

12h30 **LES MILLS**
CORE

17h30 **LES MILLS**
GRIT STRENGTH

18h **LES MILLS**
CORE

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYPUMP

19h **TRX TRAINING**
TRX

19h30 **LES MILLS**
BODYBALANCE

19h30 **STATION 45**

10h15 **LES MILLS**
BODYBALANCE

11h15 **LES MILLS**
BODYPUMP

12h30 **LES MILLS**
RPM
STATION 45

17h30 **LES MILLS**
RPM

17h30 **LES MILLS**
BODYBALANCE

18h **LES MILLS**
GRIT CARDIO

18h15 **LES MILLS**
BODYSTEP

18h30 **TRX TRAINING**
TRX

18h30 **LES MILLS**
RPM

19h **Strength Development**

19h15 **CLUB RUN**

19h45 **LES MILLS**
BODYPUMP

9h15 **LES MILLS**
RPM

10h15 **LES MILLS**
CORE

12h30 **LES MILLS**
BODYBALANCE

17h15 **LES MILLS**
BODYJAM

18h **LES MILLS**
GRIT ATHLETIC

18h00 **TRX TRAINING**
TRX

18h30 **LES MILLS**
RPM

18h30 **LES MILLS**
BODYPUMP

18h45 **STATION 45**

19h30 **LES MILLS**
BODYATTACK

10h15 **LES MILLS**
BODYATTACK

11h15 **LES MILLS**
BODYBALANCE

12h30 **LES MILLS**
RPM
STATION 45

17h30 **LES MILLS**
BODYPUMP

18h15 **TRX TRAINING**
TRX

18h15 **Strength Development**

19h **LES MILLS**
BODYATTACK

19h **LES MILLS**
RPM

19h45 **LES MILLS**
BODYCOMBAT

9h15 **LES MILLS**
GRIT CARDIO

10h **TRX TRAINING**
TRX

11h **LES MILLS**
RPM

12h30 **LES MILLS**
BODYPUMP

17h30 **LES MILLS**
CORE

18h **LES MILLS**
RPM

18h15 **LES MILLS**
BODYBALANCE

9h30 **LES MILLS**
SPRINT
LES MILLS
BODYATTACK

10h **LES MILLS**
RPM

11h **LES MILLS**
BODYPUMP

10h **LES MILLS**
BODYBALANCE

11h **LES MILLS**
RPM

11h **LES MILLS**
BODYCOMBAT