

PLANNING 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

LES MILLS
BODYPUMP 12h30
LES MILLS
RPM VIRTUAL 12h30

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

19h30 WATER FORM
AQUACYCLING

LES MILLS
RPM 19h30

19h30 **LES MILLS**
BODYCOMBAT

LES MILLS
DANCE 9h30

ACCROSPORT
10h30 **YOGA**

10h30 WATER FORM
AQUACYCLING

10h30 **LES MILLS**
RPM VIRTUAL

11h30 ACCROSPORT
AQUATRaining

12h30 **LES MILLS**
RPM

12h30 PLANET AQUA
AQUADYNAMIC

LES MILLS 45
PILATES 12h30

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
AQUACYCLING 19h30

19h30 **LES MILLS**
RPM

9h30 ACCROSPORT
YOGA
LES MILLS 45
PILATES 10h30

PLANET AQUA
AQUADYNAMIC

11h00 **LES MILLS**
RPM VIRTUAL

11h30 WATER FORM
AQUACYCLING

12h30 **ST 45**
STATION 45

12h30 **LES MILLS**
SPRINT

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

ACCROSPORT 19h30
AQUATRaining

WATER FORM
AQUACYCLING 9h30
LES MILLS
RPM VIRTUAL 9h30
9h30 **ST 45**
BOXING

LES MILLS
BODYPUMP 10h30

10h30 PLANET AQUA
AQUADYNAMIC

11h30 ACCROSPORT
AQUABOXING

ACCROSPORT 12h30
AQUATRaining

12h30 **LES MILLS**
RPM

12h30 **LES MILLS**
BODYBALANCE

14h30 PLANET AQUA
AQUADYNAMIC

15h00 **LES MILLS**
RPM VIRTUAL

17h15 ACCROSPORT
YOGA

LES MILLS 17h30
BODYPUMP

LES MILLS 17h30
RPM VIRTUAL

18h15 ZUMBA FITNESS
ZUMBA 45

PLANET AQUA 18h30
AQUADYNAMIC

18h30 **LES MILLS**
RPM

19h **LES MILLS** 45
PILATES

WATER FORM 19h30
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

WATER FORM 18h30
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 9h30
RPM VIRTUAL

LES MILLS 10h
BODYPUMP

10h ACCROSPORT
AQUATRaining

11h **LES MILLS**
RPM

11h WATER FORM
AQUACYCLING

15h00 **LES MILLS**
RPM VIRTUAL