

PLANNING



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

9h15 LES MILLS
BODYPUMP

10h15 ZUMBA FITNESS
ZUMBA

12h30 LES MILLS
RPM

12h30 LES MILLS
BODYBALANCE

15h LES MILLS
BODYPUMP

17h30 LES MILLS
GRIT STRENGTH

18h LES MILLS
CORE

18h LES MILLS
SPRINT

18h30 LES MILLS
RPM

18h30 LES MILLS
BODYATTACK

19h30 LES MILLS
BODYBALANCE

7h15 LES MILLS
RPM

9h15 LES MILLS
BODYBALANCE

10h15 LES MILLS
CORE

12h30 LES MILLS
BODYPUMP

16h30 LES MILLS
PILATES

17h30 LES MILLS
RPM

17h30 LES MILLS
BODYATTACK

18h30 LES MILLS
RPM

18h30 LES MILLS
BODYPUMP

19h30 ZUMBA FITNESS
ZUMBA

9h15 LES MILLS
BODYPUMP

10h15 LES MILLS
DANCE

11h15 LES MILLS
RPM

12h30 LES MILLS
BODYCOMBAT

17h15 LES MILLS
DANCE

18h LES MILLS
BODYPUMP

18h30 LES MILLS
RPM

18h45 LES MILLS
BODYBALANCE

19h30 LES MILLS
BODYSTEP

9h15 LES MILLS
STONE

10h15 LES MILLS
RPM

12h30 LES MILLS
BODYATTACK

15h LES MILLS
BODYBALANCE

17h30 LES MILLS
RPM

17h30 LES MILLS
CORE

18h15 LES MILLS
BODYPUMP

18h30 LES MILLS
SPRINT

18h30 LES MILLS
BODYCOMBAT

19h30 LES MILLS
RPM

19h30 LES MILLS
PILATES

9h15 LES MILLS
RPM

10h15 LES MILLS
BODYBALANCE

11h15 LES MILLS
BODYPUMP

12h30 LES MILLS
RPM

17h30 LES MILLS
BODYPUMP

17h30 LES MILLS
RPM

18h15 LES MILLS
BODYATTACK

18h30 LES MILLS
RPM

19h00 LES MILLS
BODYBALANCE

10h LES MILLS
BODYPUMP

10h15 LES MILLS
SPRINT

10h45 LES MILLS
BODYSTEP

11h LES MILLS
RPM

11h30 LES MILLS
PILATES

10h15 LES MILLS
BODYPUMP

10h15 LES MILLS
RPM

11h30 LES MILLS
RPM

17h30 LES MILLS
RPM