

PLANNING 2026

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

matin

midi

après-midi

9h30 WATER FORM
AQUACYCLING
LES MILLS
RPM

10h30 LES MILLS
CORE (45)
PLANET AQUA
AQUADYNAMIC

12h30 TRX TRAINING (45)
TRX BOOTCAMP
LES MILLS
BODYPUMP (45)

17h30 ACCROSPORT
AQUABOXING

17h45 LES MILLS
SPRINT
LES MILLS
CORE (30)

18h30 STATION 45
PLANET AQUA
AQUADYNAMIC
LES MILLS
BODYPUMP (45)

19h30 WATER FORM
AQUACYCLING
LES MILLS
RPM
LES MILLS
BODYCOMBAT

9h30 STATION
HYROX

10h30 ACCROSPORT
YOGA
WATER FORM
AQUACYCLING

11h30 ACCROSPORT
AQUATRaining

12h30 LES MILLS
SPRINT
PLANET AQUA
AQUADYNAMIC
LES MILLS
PILATES

17h30 STATION 45
BOXING
LES MILLS
BODYBALANCE

18h30 TRX TRAINING (45)
TRX BOOTCAMP
LES MILLS
BODYATTACK
ACCROSPORT
AQUATRaining

19h30 ZUMBA FITNESS
ZUMBA
WATER FORM
AQUACYCLING

9h30 ACCROSPORT
YOGA

10h30 LES MILLS
PILATES
PLANET AQUA
AQUADYNAMIC

11h30 WATER FORM
AQUACYCLING

12h30 STATION
HYROX

17h30 STATION 45
BOXING
LES MILLS
RPM

17h45 LES MILLS
CORE (30)

18h30 LES MILLS (45)
BODYPUMP
WATER FORM
AQUACYCLING
LES MILLS
RPM

19h30 ACCROSPORT
AQUATRaining
STATION
HYROX

9h30 WATER FORM
AQUACYCLING
LES MILLS
DANCE
STATION 45
BOXING

10h30 LES MILLS
BODYPUMP (45)
PLANET AQUA
AQUADYNAMIC

11h30 ACCROSPORT
AQUABOXING

12h30 ACCROSPORT
AQUATRaining
LES MILLS
RPM
LES MILLS
BODYBALANCE (45)

17h15 ACCROSPORT
YOGA

17h30 LES MILLS (45)
BODYPUMP

18h30 PLANET AQUA
AQUADYNAMIC
LES MILLS
BODYCOMBAT
LES MILLS
RPM

19h15 LES MILLS
PILATES

19h30 WATER FORM
AQUACYCLING

20h00 ZUMBA FITNESS
ZUMBA

9h30 LES MILLS
BODYBALANCE
PLANET AQUA
AQUADYNAMIC

10h30 WATER FORM
AQUACYCLING

10h45 TRX TRAINING (45)
TRX BOOTCAMP

12h30 LES MILLS (45)
CORE

17h30 STATION 45
BOXING

18h00 LES MILLS (45)
BODYPUMP

18h30 WATER FORM
AQUACYCLING

19h00 LES MILLS
RPM
LES MILLS
BODYBALANCE

9h30 WATER FORM
AQUACYCLING

10h30 LES MILLS
BODYPUMP
PLANET AQUA
AQUADYNAMIC

11h30 LES MILLS
RPM
ACCROSPORT
AQUATRaining