

PLANNING ETE 2026



lundi	mardi	merc.	jeudi	vendr.	samedi	dim.
9h15 LES MILLS BODYPUMP		9h15 LES MILLS BODYPUMP		9h15 LES MILLS RPM	10h LES MILLS BODYPUMP	10h15 LES MILLS BODYPUMP
10h15 ZUMBA FITNESS ZUMBA	9h15 LES MILLS PILATES	LES MILLS DANCE 10h15	9h15 LES MILLS STONE	10h15 LES MILLS BODYBALANCE	10h15 LES MILLS SPRINT	
11h15 LES MILLS PILATES	10h15 LES MILLS CORE	11h15 LES MILLS RPM	10h15 LES MILLS RPM	11h15 LES MILLS BODYPUMP	10h45 LES MILLS BODYSTEP	11h30 LES MILLS RPM
12h30 LES MILLS RPM	12h30 LES MILLS BODYPUMP	11h15 LES MILLS PILATES	12h30 LES MILLS BODYATTACK	12h15 LES MILLS PILATES	11h LES MILLS RPM	
12h30 LES MILLS BODYBALANCE		12h30 LES MILLS BODYCOMBAT		12h30 LES MILLS RPM	11h30 LES MILLS PILATES	
15h LES MILLS BODYPUMP			15h LES MILLS BODYBALANCE			
17h30 LES MILLS GRIT STRENGTH	16h30 LES MILLS PILATES	17h15 LES MILLS BODYJAM	17h30 LES MILLS RPM	17h30 LES MILLS BODYPUMP	17h00 LES MILLS BODYATTACK	
18h LES MILLS CORE	17h30 LES MILLS RPM	18h00 LES MILLS BODYPUMP	17h30 LES MILLS BODYPUMP			17h30 LES MILLS RPM
18h LES MILLS SPRINT			18h15 LES MILLS BODYCOMBAT	18h15 LES MILLS BODYATTACK		
18h30 LES MILLS RPM	18h30 LES MILLS BODYPUMP	18h30 LES MILLS RPM	LES MILLS 18h30 SPRINT			
18h30 LES MILLS BODYATTACK		18h45 LES MILLS BODYBALANCE	19h00 LES MILLS PILATES	18h30 LES MILLS RPM		
19h30 LES MILLS BODYBALANCE	19h30 ZUMBA FITNESS ZUMBA	19h30 LES MILLS BODYSTEP	19h15 LES MILLS RPM			