

Plan*n*ning des cours

Semaine du 06 juillet 2026

Planning - Studio fitness

Semaine du 06 juillet 2026

Lundi


Mardi

Mercredi

Jeudi

Vendredi

Samedi

CAF
10H00 – 11H00 

BOOTY
10H00 – 10H45

BODYSCULPT
10H00 – 11H00 

LES MILLS
BODYPUMP
10H00 – 10H45

LES MILLS
BODYPUMP
12H30 – 13H15

BODYSCULPT
12H35 – 13H20

CIRCUIT TRAINING
12H30 – 13H15

CAF
11H30 – 12H15

CAF
12H30 – 13H15

Dimanche

FERMÉ

BODYSCULPT
17H25 – 18H10

CAF
17H25 – 18H10

BODYSCULPT
17H25 – 18H10

CAF
17H25 – 18H10

CIRCUIT TRAINING
17H45 – 18H30

LES MILLS
BODYPUMP
18H25 – 19H10

LES MILLS
BODYATTACK
18H25 – 19H10

LES MILLS
BODYPUMP
18H25 – 19H10

LES MILLS
BODYPUMP
19H10 – 19H55

LES MILLS
BODYCOMBAT
19H15 – 20H00

CIRCUIT TRAINING
19H30 – 20H15

LES MILLS
BODYJAM (Danse)
19H15 – 20H00



Planning - Studio **athletic**

Semaine du 06 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

CROSS TRAINING
07H15 – 08H15 TH

**ATHLETIC
HYROX**
07H15 – 08H15 TH

**ATHLETIC
HYROX**
11H00 – 12H00 TH

CROSS TRAINING
12H25 – 13H10

ATHLETIC TRAINING
12H30 – 13H10

CROSS TRAINING
12H30 – 13H15

ATHLETIC TRAINING
12H30 – 13H15

**ATHLETIC
HYROX**
12H30 – 13H15

Dimanche

FERMÉ

**ATHLETIC
HYROX**
18H00 – 18H45

**ATHLETIC
HYROX**
18H00 – 18H45

CROSS TRAINING
18H00 – 19H45

CROSS TRAINING
17H45 – 18H30

ATHLETIC TRAINING
19H00 – 19H45

**ATHLETIC
HYROX**
19H00 – 20H45

ATHLETIC TRAINING
19H00 – 19H45

CROSS TRAINING
18H45 – 19H30

ATHLETIC TRAINING
18H45 – 19H30



Planning - Studio **bien etre**

Semaine du 06 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

PILATES
10H00 – 11H00 TH

STRETCHING *Inclus dans toutes
les formules
10H55 – 11H40

GYMBALL
11H00 – 11H45

LES MILLS
BODYBALANCE
12H35 – 13H20

PILATES
12H35 – 13H20

GYMBALL
12H35 – 13H20

YOGA
12H25 – 13H10

Dimanche

FERME

YOGA
18H15 – 19H15 TH

PILATES
17H30 – 18H15

PILATES
19H15 – 20H00

LES MILLS
BODYBALANCE
19H20 – 20H05

YOGA
19H00 – 20H00 TH



Planning - Studio **cycling**

Semaine du 06 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

RPM LESMILLS
12H25 – 13H10

RPM LESMILLS
12H25 – 13H10

RPM LESMILLS
12H00 – 12H45

RPM LESMILLS
18H00 – 18H45

RPM LESMILLS
18H30 – 19H15

RPM LESMILLS
18H25 – 19H10

RPM LESMILLS
18H15 – 19H00

Dimanche

FERMÉ



Plan*n*ning des cours

Semaine du 13 Juillet 2026

Planning - Studio **fitness**

Semaine du 13 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

FERMÉ

FERMÉ

BOOTY
10H00 – 10H45

CAF
10H30 – 11H15

BODYSCULPT
10H00 – 11H00 ^{1h}

LES MILLS
BODYPUMP
10H00 – 10H45

CIRCUIT TRAINING
12H30 – 13H15

CAF
12H30 – 13H15

Dimanche

FERMÉ

BODYSCULPT
17H25 – 18H10

CAF
17H25 – 18H10

CIRCUIT TRAINING
17H45 – 18H30

LES MILLS
BODYPUMP
18H25 – 19H10

LES MILLS
BODYPUMP
19H10 – 19H55

LES MILLS
BODYJAM (Danse)
19H15 – 20H00



Planning - Studio **athletic**

Semaine du 13 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

FERMÉ

FERMÉ

CROSS TRAINING
12H30 - 13H15

ATHLETIC TRAINING
12H30 - 13H15

ATHLETIC TRAINING
11H30 - 12H15

ATHLETIC HYROX
12H30 - 13H15

ATHLETIC HYROX
11H00 - 12H00 TH

Dimanche

FERMÉ

CROSS TRAINING
18H00 - 18H45

CROSS TRAINING
17H45 - 18H30

ATHLETIC HYROX
18H00 - 19H00 TH

ATHLETIC TRAINING
19H00 - 19H45

CROSS TRAINING
18H45 - 19H30



Planning - Studio **bien etre**

Semaine du 13 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

FERMÉ

FERMÉ

STRETCHING
10H55 – 11H40

*Inclus dans toutes les formules

PILATES
11H30 – 12H15

PILATES
12H35 – 13H20

GYMBALL
12H35 – 13H20

YOGA
12H25 – 13H10

GYMBALL
11H00 – 11H45

Dimanche

FERMÉ

PILATES
17H30 – 18H15

**LES MILLS
BODYBALANCE**
19H20 – 20H05

YOGA
19H00 – 20H00 

STRETCHING
19H05 – 20H45

*Inclus dans toutes les formules



Planning - Studio **cycling**

Semaine du 13 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

FERMÉ

FERMÉ

RPM *LES MILLS*
18H25 - 19H10

RPM *LES MILLS*
18H15 - 19H00

RPM *LES MILLS*
18H45 - 19H10

RPM *LES MILLS*
12H00 - 12H45

Dimanche

FERMÉ



Plan*n*ning des cours

Semaine du 20 juillet 2026

Planning - Studio fitness

Semaine du 20 juillet 2026

Lundi


Mardi

Mercredi


Jeudi

Vendredi

Samedi

CAF
10H00 – 11H00 

BOOTY
10H00 – 10H45

BODYSCULPT
10H00 – 11H00 

LES MILLS
BODYPUMP
10H00 – 10H45

CAF
10H30 – 11H15

LES MILLS
BODYPUMP
12H30 – 13H15

BODYSCULPT
12H35 – 13H20

CIRCUIT TRAINING
12H30 – 13H15

CAF
12H30 – 13H15

Dimanche

FERMÉ

BODYSCULPT
17H25 – 18H10

CAF
17H25 – 18H10

BODYSCULPT
17H25 – 18H10

CAF
17H25 – 18H10

CIRCUIT TRAINING
17H45 – 18H30

LES MILLS
BODYPUMP
18H25 – 19H10

LES MILLS
BODYATTACK
18H25 – 19H10

LES MILLS
BODYPUMP
18H25 – 19H10

LES MILLS
BODYPUMP
19H10 – 19H55

LES MILLS
BODYCOMBAT
19H15 – 20H00

CIRCUIT TRAINING
19H30 – 20H15

LES MILLS
BODYJAM (Danse)
19H15 – 20H00



Planning - Studio **athletic**

Semaine du 20 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

CROSS TRAINING
07H15 – 08H15 ^{1h}

**ATHLETIC
HYROX**
07H15 – 08H15 ^{1h}

**ATHLETIC
HYROX**
11H00 – 12H00 ^{1h}

CROSS TRAINING
12H25 – 13H10

ATHLETIC TRAINING
12H30 – 13H10

CROSS TRAINING
12H30 – 13H15

ATHLETIC TRAINING
12H30 – 13H15

ATHLETIC TRAINING
11H30 – 12H15

**ATHLETIC
HYROX**
12H30 – 13H15

Dimanche

FERMÉ

**ATHLETIC
HYROX**
18H00 – 18H45

**ATHLETIC
HYROX**
18H00 – 18H45

CROSS TRAINING
17H30 – 18H15

CROSS TRAINING
17H45 – 18H30

**ATHLETIC
HYROX**
18H00 – 19H00 ^{1h}

ATHLETIC TRAINING
19H00 – 19H45

**ATHLETIC
HYROX**
19H00 – 19H45

CROSS TRAINING
18H45 – 19H30

ATHLETIC TRAINING
19H30 – 20H15



Planning - Studio **bien etre**

Semaine du 20 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

PILATES
10H00 – 11H00 TM

STRETCHING *Inclus dans toutes les formules
10H55 – 11H40

PILATES
11H30 – 12H15

GYMBALL
11H00 – 11H45

LES MILLS
BODYBALANCE
12H35 – 13H20

PILATES
12H35 – 13H20

GYMBALL
12H35 – 13H20

YOGA
12H25 – 13H10

Dimanche

FERME

GYMBALL
18H20 – 19H05

YOGA
18H15 – 19H15 TM

PILATES
19H15 – 20H00

YOGA
19H00 – 20H00 TM

STRETCHING *Inclus dans toutes les formules
19H05 – 19H50



Planning - Studio **cycling**

Semaine du 20 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

RPM LESMILLS
12H25 – 13H10

RPM LESMILLS
17H30 – 18H15

RPM LESMILLS
18H25 – 19H10

RPM LESMILLS
18H15 – 19H00

RPM LESMILLS
18H45 – 19H30

RPM LESMILLS
12H00 – 12H45

Dimanche

FERMÉ



Plan*n*ning des cours

Semaine du 27 juillet 2026

Planning - Studio fitness

Semaine du 27 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

CAF
10H00 – 11H00 ^{1h}

LES MILLS
BODYPUMP
12H30 – 13H15

BODYSCULPT
17H25 – 18H10

LES MILLS
BODYPUMP
18H25 – 19H10

BODYSCULPT
12H35 – 13H20

CAF
17H25 – 18H10

LES MILLS
BODYATTACK
18H25 – 19H10

CIRCUIT TRAINING
19H30 – 20H15

BOOTY
10H00 – 10H45

CIRCUIT TRAINING
12H30 – 13H15

BODYSCULPT
17H25 – 18H10

LES MILLS
BODYPUMP
18H25 – 19H10

LES MILLS
BODYJAM (Danse)
19H15 – 20H00

CAF
10H30 – 11H15

CAF
17H25 – 18H10

BODYSCULPT
10H00 – 11H00 ^{1h}

CAF
12H30 – 13H15

CIRCUIT TRAINING
17H45 – 18H30

LES MILLS
BODYPUMP
10H00 – 10H45

Dimanche

FERMÉ



Planning - Studio **athletic**

Semaine du 27 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

CROSS TRAINING
12H25 – 13H10

ATHLETIC TRAINING
12H30 – 13H10

ATHLETIC TRAINING
12H30 – 13H15

ATHLETIC HYROX
12H30 – 13H15

ATHLETIC HYROX
11H00 – 12H00 ⁴⁵

ATHLETIC HYROX
18H00 – 18H45

ATHLETIC HYROX
18H00 – 18H45

CROSS TRAINING
17H30 – 18H15

CROSS TRAINING
17H45 – 18H30

ATHLETIC HYROX
18H00 – 19H00 ⁴⁵

ATHLETIC TRAINING
19H15 – 20H00

ATHLETIC HYROX
19H00 – 19H45

ATHLETIC HYROX
18H30 – 19H15

ATHLETIC TRAINING
19H30 – 20H15

CROSS TRAINING
19H15 – 20H00

Dimanche

FERMÉ



Planning - Studio **bien etre**

Semaine du 27 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

PILATES
10H00 – 11H00 TH

STRETCHING *Inclus dans toutes les formules
10H55 – 11H40

PILATES
11H30 – 12H15

GYMBALL
11H00 – 11H45

LES MILLS
BODYBALANCE
12H35 – 13H20

PILATES
12H35 – 13H20

GYMBALL
12H35 – 13H20

YOGA
12H35 – 13H20

Dimanche

FERMÉ

GYMBALL
18H20 – 19H05

YOGA
18H15 – 19H15 TH

PILATES
17H30 – 18H15

PILATES
19H15 – 20H00

LES MILLS
BODYBALANCE
19H20 – 20H05

YOGA
19H00 – 20H00 TH

STRETCHING *Inclus dans toutes les formules
19H05 – 19H50



Planning - Studio **cycling**

Semaine du 27 juillet 2026

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

RPM LESMILLS
12H25 – 13H10

RPM LESMILLS
17H30 – 18H15

RPM LESMILLS
18H25 – 19H10

RPM LESMILLS
18H15 – 19H00

RPM LESMILLS
18H45 – 19H30

RPM LESMILLS
12H00 – 12H45

Dimanche

FERMÉ

