


# Planning - Studio fitness

Lundi

CAF

10H00 – 11H00 

*LES MILLS*  
BODYPUMP  
12H30 – 13H15

BODYSCULPT  
17H25 – 18H10

*LES MILLS*  
BODYPUMP  
18H25 – 19H10

*LES MILLS*  
BODYCOMBAT  
19H15 – 20H00

Mardi

BODYSCULPT  
12H35 – 13H20

CAF  
17H25 – 18H10

*LES MILLS*  
BODYATTACK  
18H25 – 19H10

CIRCUIT TRAINING  
19H30 – 20H15

Mercredi

BOOTY  
10H00 – 10H45

CIRCUIT TRAINING  
12H30 – 13H00

BODYSCULPT  
17H25 – 18H10

*LES MILLS*  
BODYPUMP  
18H25 – 19H10

*LES MILLS*   
BODYJAM (Danse)  
19H15 – 20H00

Jeudi

CAF   
10H30 – 11H15

*LES MILLS*  
BODYCOMBAT  
12H30 – 13H15

CAF  
17H25 – 18H10

*LES MILLS*  
BODYPUMP  
19H10 – 19H55

Vendredi

BODYSCULPT  
10H00 – 11H00 

CAF  
12H30 – 13H15

CIRCUIT TRAINING  
17H45 – 18H30

Samedi

*LES MILLS*  
BODYPUMP  
10H00 – 10H45

Dimanche

CIRCUIT TRAINING  
10H00 – 10H45

**onebreak**  
reprends ton souffle

# Planning - Studio **athletic**

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

**CROSS TRAINING**  
07H15 – 08H15 <sup>1h</sup>

**ATHLETIC  
HYROX**  
07H15 – 08H15 <sup>1h</sup>

**CROSS TRAINING**  
12H25 – 13H10

**ATHLETIC TRAINING**  
12H25 – 13H10

**CROSS TRAINING**  
12H30 – 13H15

**ATHLETIC TRAINING**  
12H30 – 13H15

**ATHLETIC TRAINING**  
11H30 – 12H15

**ATHLETIC  
HYROX**  
12H30 – 13H15

**ATHLETIC  
HYROX**  
11H00 – 12H00 <sup>1h</sup>

**ATHLETIC  
HYROX**  
17H30 – 18H15

**ATHLETIC TRAINING**  
17H30 – 18H15

**CROSS TRAINING**  
17H30 – 18H15

**CROSS TRAINING**  
17H45 – 18H30

**ATHLETIC TRAINING**  
18H35 – 19H20

**ATHLETIC  
HYROX**  
18H30 – 19H15

**ATHLETIC  
HYROX** Nouveauté  
18H30 – 19H15

**CROSS TRAINING**  
18H45 – 19H30

**ATHLETIC  
HYROX**  
18H00 – 19H00 <sup>1h</sup>

**CROSS TRAINING**  
19H30 – 20H15

**ATHLETIC  
HYROX**  
19H30 – 20H15

**ATHLETIC TRAINING**  
19H30 – 20H15

Dimanche

**ATHLETIC TRAINING**  
11H15 – 12H00

# Planning - Studio **bien etre**

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

**PILATES**  
10H00 – 11H00 <sup>Ⓜ</sup>

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

**PILATES**  
11H30 – 12H15

**GYMBALL**  
11H00 – 11H45

**LES MILLS**  
**BODYBALANCE**  
12H35 – 13H20

**PILATES**  
12H35 – 13H20

**GYMBALL**  
12H35 – 13H20

**YOGA**  
12H25 – 13H10

Dimanche

**GYMBALL**  
18H20 – 19H05

**YOGA**  
18H15 – 19H15 <sup>Ⓜ</sup>

**PILATES**  
17H30 – 18H15

**YOGA**  
11H00 – 12H00

**PILATES**  
19H15 – 20H00

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

**YOGA**  
19H00 – 20H00 <sup>Ⓜ</sup>

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

# Planning - Studio **cycling**

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

RPM *LES MILLS*  
12H25 – 13H10

RPM *LES MILLS*  
12H25 – 13H10

RPM *LES MILLS*  
12H35 – 13H20

RPM *LES MILLS*  
12H00 – 12H45

RPM *LES MILLS*  
18H00 – 18H45

RPM *LES MILLS* Nouveauté  
18H30 – 19H15

RPM *LES MILLS*  
18H25 – 19H10

RPM *LES MILLS*  
18H15 – 19H00

RPM *LES MILLS*  
18H45 – 19H30

RPM *LES MILLS*  
19H15 – 20H00