



Planning des cours collectifs

À partir du lundi 10 novembre 2025

onebreak
reprends ton souffle

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
DANCE
19H20 – 20H05

Jeudi

CIRCUIT TRAINING
10H00 – 10H45

LES MILLS
BODYCOMBAT
12H30 – 13H15

CAF
17H25 – 18H10

 LES MILLS
BODYPUMP
19H00 – 19H45

Vendredi

SCULPT
10H00 – 11H00 

 CAF
12H30 – 13H15

CIRCUIT TRAINING
17H45 – 18H30

Samedi

LES MILLS
BODYPUMP
10H00 – 10H45

Dimanche

CIRCUIT TRAINING
10H00 – 10H45

onebreak
reprérends ton souffle

Planning - Studio **athletic**

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

CROSS TRAINING
07H15 – 08H15 

**ATHLETIC
H Y R O X**
07H15 – 08H15 

NEW

**ATHLETIC
H Y R O X**
11H00 – 12H00 

CROSS TRAINING
12H25 – 13H10

ATHLETIC TRAINING
12H25 – 13H10

CROSS TRAINING
12H30 – 13H15

ATHLETIC TRAINING
12H30 – 13H15

ATHLETIC TRAINING
11H30 – 12H15

**ATHLETIC
H Y R O X**
12H30 – 13H15

**ATHLETIC
H Y R O X**
17H30 – 18H15

ATHLETIC TRAINING
17H30 – 18H15

CROSS TRAINING
18H00 – 18H45

CROSS TRAINING
17H45 – 18H30

ATHLETIC TRAINING
18H35 – 19H20

**ATHLETIC
H Y R O X**
18H30 – 19H15

ATHLETIC TRAINING
19H15 – 20H00

CROSS TRAINING
18H45 – 19H30

CROSS TRAINING
19H40 – 20H25

**ATHLETIC
H Y R O X**
19H30 – 20H15

**ATHLETIC
H Y R O X**
18H00 – 19H00 

ATHLETIC TRAINING
11H15 – 12H00

Dimanche

onebreak
reprends ton souffle

Planning - Studio **bien etre**

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

PILATES
10H00 – 11H00 1h

NEW

STRETCHING
10H55 – 11H25

NEW

PILATES
11H30 – 12H15

LES MILLS
BODYBALANCE
12H35 – 13H20

PILATES
12H35 – 13H20

GYMBALL
12H35 – 13H20

YOGA
12H25 – 13H10

GYMBALL
11H00 – 11H45

Dimanche

GYMBALL
18H20 – 19H05

YOGA
18H15 – 19H15 1h

NEW

PILATES
17H30 – 18H15

PILATES
18H00 – 18H45

PILATES
19H15 – 20H00

NEW

LES MILLS
BODYBALANCE
19H20 – 20H05

YOGA
19H00 – 20H00 1h

STRETCHING
19H15 – 19H45

YOGA
11H00 – 12H00

Planning - Studio *cycling*

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

RPM *LES MILLS*
12H25 – 13H10

NEW

SPRINT *LES MILLS*
12H30 – 13H00

RPM *LES MILLS*
18H00 – 18H45

RPM *LES MILLS*
17H30 – 18H15

RPM *LES MILLS*
18H25 – 19H10

SPRINT *LES MILLS*
19H20 – 19H50

RPM *LES MILLS*
19H20 – 20H05

RPM *LES MILLS*
07H15 – 08H00

SPRINT *LES MILLS*
18H20 – 18H50

RPM *LES MILLS*
19H00 – 19H45

RPM *LES MILLS*
12H35 – 13H20

RPM *LES MILLS*
19H00 – 19H45

RPM *LES MILLS*
12H00 – 12H45