

STUDIO FITNESS

LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI			DIMANCHE		
H	Cours		H	Cours		H	Cours		H	Cours		H	Cours		H	Cours		H	Cours	
6:15	PUMP	30'	6:15	PUMP	30'	6:15	CUISSES ABDOS FESSIERS	30'	6:15	BALANCEYOGA	20'	6:15	SH'BAM	30'	6:15	CUISSES ABDOS FESSIERS	30'	6:15	BALANCE	30'
7:00	COMBAT	30'	7:00	BALANCEYOGA	20'	7:00	COMBAT	55'	7:00	SH'BAM	45'	7:00	CUISSES ABDOS FESSIERS	30'	6:45	BALANCEYOGA	20'	6:45	CUISSES ABDOS FESSIERS	30'
7:30	BALANCE	55'	8:00	SH'BAM	45'	8:00	COMBAT	30'	8:00	CUISSES ABDOS FESSIERS	30'	7:30	PUMP	45'	7:15	PUMP	55'	7:15	COMBAT	55'
8:30	PUMP	30'	8:45	CUISSES ABDOS FESSIERS	30'	8:45	BALANCE	30'	8:30	COMBAT	30'	8:30	SH'BAM	45'	8:15	CUISSES ABDOS FESSIERS	30'	8:15	SH'BAM	45'
9:30	CUISSES ABDOS FESSIERS	L 30'	9:30	SCULPT	L 30'	9:30	PILATES	L 45'	9:30	PUMP	L 30'	9:30	MOBILITY	L 30'	9:00	COMBAT	55'	9:30	PUMP	30'
10:00	PILATES	L 30'	10:00	STRETCH	L 15'	10:30	BALANCEYOGA	20'	10:00	CUISSES ABDOS FESSIERS	L 30'	10:30	COMBAT	55'	10:00	PUMP	L 45'	10:30	BALANCEYOGA	20'
10:45	SH'BAM	45'	10:30	BALANCEYOGA	20'	11:00	COMBAT	30'	11:00	PUMP	55'	11:30	BALANCEYOGA	20'	11:30	BALANCEYOGA	20'	11:00	CUISSES ABDOS FESSIERS	30'
11:30	BALANCEYOGA	20'	11:15	PUMP	30'	11:30	BALANCE	30'	11:30	CUISSES ABDOS FESSIERS	30'	12:00	PUMP	30'	12:00	CUISSES ABDOS FESSIERS	30'	11:30	PUMP	55'
12:30	PUMP	L 30'	12:30	COMBAT	L 30'	12:30	CUISSES ABDOS FESSIERS	L 30'	12:30	ATTACK	L 30'	12:30	TRAINING +	L 30'	12:30	BALANCEYOGA	20'	12:30	COMBAT	55'
13:30	COMBAT	30'	13:30	PUMP	30'	13:05	BALANCEYOGA	20'	13:30	CUISSES ABDOS FESSIERS	30'	13:05	BALANCEYOGA	20'	14:00	BALANCE	55'	14:00	CUISSES ABDOS FESSIERS	30'
14:00	BALANCEYOGA	20'	14:00	SH'BAM	45'	14:00	PUMP	55'	14:00	PUMP	55'	14:00	COMBAT	55'	15:00	SH'BAM	45'	15:00	BALANCE	55'
15:00	COMBAT	45'	15:00	CUISSES ABDOS FESSIERS	30'	15:00	COMBAT	55'	15:00	BALANCE	55'	15:00	SH'BAM	45'	16:00	COMBAT	55'	16:00	COMBAT	30'
16:00	CUISSES ABDOS FESSIERS	30'	16:00	COMBAT	55'	16:00	BALANCE	55'	16:00	COMBAT	55'	16:00	CUISSES ABDOS FESSIERS	30'	16:30	COMBAT	30'	16:30	PUMP	30'
16:30	PUMP	30'	17:00	BALANCEYOGA	20'	17:00	CUISSES ABDOS FESSIERS	30'	17:00	BALANCEYOGA	20'	17:00	PUMP	30'	17:00	BALANCEYOGA	20'	17:00	SH'BAM	45'
17:30	CUISSES ABDOS FESSIERS	L 30'	18:00	PUMP	L 45'	18:00	CUISSES ABDOS FESSIERS	L 30'	18:00	PILATES	L 45'	18:00	COMBAT	L 45'	18:00	PUMP	30'	18:00	BALANCE	55'
18:00	ATTACK	L 45'	18:45	COMBAT	L 45'	18:30	ATTACK	L 45'	18:45	PUMP	L 45'	18:45	SCULPT	L 45'	18:30	CUISSES ABDOS FESSIERS	30'	19:00	CUISSES ABDOS FESSIERS	30'
18:45	PUMP	L 45'	19:30	STEP	L 45'	19:30	TRAINING +	L 30'	19:30	ZUMBA	L 45'	19:30	TRAINING +	L 30'	19:00	SH'BAM	45'	19:30	COMBAT	30'
19:30	TRAINING +	L 30'	20:30	BALANCEYOGA	20'	20:30	PUMP	30'	20:30	CUISSES ABDOS FESSIERS	30'	20:15	PUMP	45'	20:00	COMBAT	55'	20:00	PUMP	55'
21:00	CUISSES ABDOS FESSIERS	30'	21:00	CUISSES ABDOS FESSIERS	30'	21:15	SH'BAM	45'	21:00	BALANCE	30'	21:00	COMBAT	30'	21:00	BALANCEYOGA	55'	21:00	BALANCE	30'

STUDIO

LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI			DIMANCHE		
H	Cours		H	Cours		H	Cours		H	Cours		H	Cours		H	Cours		H	Cours	
6:15	RPM	45'	6:15	SPRINT	30'	6:15	TRIP	45'	6:15	SPRINT	30'	6:15	RPM	45'	6:15	SPRINT	30'	6:15	RPM	45'
7:15	SPRINT	30'	7:15	RPM	45'	7:15	SPRINT	30'	7:15	TRIP	45'	7:15	SPRINT	30'	7:15	RPM	45'	7:15	SPRINT	30'
8:15	TRIP	45'	8:15	RPM	45'	8:15	RPM	45'	8:15	RPM	45'	8:00	TRIP	45'	8:15	RPM	45'	8:15	TRIP	45'
9:15	RPM	45'	9:15	SPRINT	30'	9:15	TRIP	45'	9:15	SPRINT	30'	9:00	RPM	45'	9:15	TRIP	45'	9:15	RPM	45'
10:15	SPRINT	30'	10:15	RPM	45'	10:30	RPM	L 45'	10:15	TRIP	45'	10:15	SPRINT	30'	10:15	SPRINT	30'	10:15	TRIP	45'
8:15	TRIP	45'	11:15	RPM	45'	11:15	RPM	30'	11:15	RPM	45'	11:15	TRIP	45'	11:00	RPM	L 45'	11:15	SPRINT	30'
12:30	SPRINT	30'	12:30	RPM	45'	12:30	TRIP	45'	12:30	RPM	45'	12:30	RPM	L 30'	12:30	TRIP	45'	12:30	RPM	45'
13:30	RPM	45'	13:30	SPRINT	30'	13:30	TRIP	45'	13:30	SPRINT	30'	13:30	RPM	45'	13:30	SPRINT	30'	13:30	RPM	45'
14:30	SPRINT	30'	14:30	RPM	45'	14:30	SPRINT	30'	14:30	TRIP	45'	14:30	SPRINT	30'	14:30	RPM	45'	14:30	SPRINT	30'
15:30	TRIP	45'	15:30	RPM	45'	15:30	RPM	45'	15:30	RPM	45'	15:30	TRIP	45'	15:30	RPM	45'	15:30	RPM	45'
16:30	RPM	45'	16:30	TRIP	45'	16:30	RPM	45'	16:30	RPM	45'	16:30	RPM	45'	16:30	RPM	45'	16:30	TRIP	45'
17:30	RPM	45'	17:30	SPRINT	30'	17:30	TRIP	45'	17:30	RPM	45'	17:30	RPM	45'	17:30	SPRINT	30'	17:30	TRIP	45'
18:30	RPM	45'	18:30	TRIP	45'	18:30	SPRINT	30'	18:30	TRIP	45'	18:30	RPM	L 45'	18:30	TRIP	45'	18:30	RPM	45'
19:45	RPM	L 45'	19:30	RPM	L 45'	19:30	RPM	L 45'	19:30	RPM	L 45'	19:30	TRIP	45'	19:30	TRIP	45'	19:30	RPM	45'
20:45	SPRINT	30'	20:30	TRIP	45'	20:30	RPM	45'	20:45	RPM	45'	20:30	TRIP	45'	20:30	RPM	45'	20:30	SPRINT	30'
21:30	TRIP	45'	21:30	SPRINT	30'	21:30	TRIP	45'	21:45	SPRINT	30'	21:30	RPM	45'	21:30	SPRINT	30'	21:30	RPM	45'



LES MILLS CINÉMA : retrouvez le plaisir de vos cours préférés Les Mills à tout moment sur grand écran. Les musiques et les chorégraphies les plus tendances pour plus que des cours, plus de plaisir et de résultats.



COURS COLLECTIFS LIVE : vivez l'expérience fitness à 100% avec nos coachs qui vous permettront d'atteindre vos objectifs dans une ambiance fun et sport !

6H/23H
7J/7

