

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	COMBAT		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	PUMP		30'	8:00	CUISSES ABDOS FESSIERS		30'	7:30	PUMP		55'	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	CUISSES ABDOS FESSIERS		30'	9:30	PILATES	L	45'	9:30	PUMP	L	30'	9:15	CUISSES ABDOS FESSIERS		30'	9:30	PUMP		30'
10:00	BALANCE	L	30'	10:00	CUISSES ABDOS FESSIERS		30'	10:00	PUMP		30'	10:15	STRETCH	L	15'	10:00	CUISSES ABDOS FESSIERS	L	30'	10:00	PILATES	L	45'	10:30	BALANCEYOGA		20'
11:00	SH'BAM		45'	11:30	BALANCEYOGA		20'	10:45	COMBAT		30'	11:00	BALANCEYOGA		20'	10:30	BALANCEYOGA		20'	11:00	ATTACK	L	45'	11:00	CUISSES ABDOS FESSIERS		30'
12:00	BALANCEYOGA		20'	12:00	PUMP		30'	11:15	BALANCE		30'	11:30	SH'BAM		45'	11:00	PUMP		30'	12:00	CUISSES ABDOS FESSIERS		30'	11:30	PUMP		55'
12:30	CUISSES ABDOS FESSIERS	L	30'	12:30	ATTACK	L	30'	12:30	PUMP		30'	12:30	PILATES	L	30'	12:30	CUISSES ABDOS FESSIERS		30'	12:30	PUMP		30'	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	SH'BAM		45'	15:00	CUISSES ABDOS FESSIERS		30'	15:00	COMBAT		55'	15:00	BALANCE		55'	15:00	SH'BAM		45'	16:00	PUMP		30'	16:00	COMBAT		30'
16:00	COMBAT		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'
16:45	PUMP		55'	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'
18:00	ATTACK	L	45'	18:00	COMBAT		30'	18:00	PILATES	L	45'	18:00	PUMP	L	45'	18:00	ZUMBA	L	45'	18:00	PUMP		30'	18:00	BALANCE		55'
18:45	PUMP	L	30'	18:45	TAILLE ABDOS	L	30'	18:45	ATTACK	L	45'	18:45	STEP	L	45'	18:45	CUISSES ABDOS FESSIERS	L	30'	18:30	CUISSES ABDOS FESSIERS		30'	19:00	CUISSES ABDOS FESSIERS		30'
19:15	CUISSES ABDOS FESSIERS	L	30'	19:15	BALANCE	L	45'	19:30	CUISSES ABDOS FESSIERS	L	30'	19:45	BALANCEYOGA		20'	19:30	PUMP		45'	19:00	SH'BAM		45'	19:30	COMBAT		30'
20:00	PUMP		45'	20:30	BALANCEYOGA		20'	20:30	PUMP		30'	20:30	CUISSES ABDOS FESSIERS		30'	20:15	CUISSES ABDOS FESSIERS		30'	20:00	COMBAT		45'	20:00	PUMP		55'
21:00	COMBAT		30'	21:00	CUISSES ABDOS FESSIERS		30'	21:15	SH'BAM		45'	21:00	BALANCE		30'	21:00	COMBAT		45'	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'	8:15	TRIP		45'	8:15	RPM		45'	8:15	TRIP		45'
9:15	RPM		45'	9:15	SPRINT		30'	9:15	TRIP		45'	9:15	RPM		45'	9:15	RPM		45'	9:15	TRIP		45'	9:15	RPM		45'
10:15	RPM		45'	10:00	RPM	L	30'	10:15	RPM		45'	10:15	TRIP		45'	10:15	SPRINT		30'	10:15	SPRINT		30'	10:15	TRIP		45'
11:15	TRIP		45'	11:15	SPRINT		45'	11:15	SPRINT		30'	11:15	RPM		45'	11:15	TRIP		45'	11:15	TRIP		45'	11:15	SPRINT		30'
12:30	TRIP		45'	12:30	RPM		45'	12:30	TRIP		45'	12:30	SPRINT		30'	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	SPRINT		30'	16:30	RPM		45'	16:30	RPM		45'	16:30	TRIP		45'
17:30	RPM		45'	17:30	SPRINT		30'	17:30	TRIP		45'	17:00	TRIP		45'	17:30	RPM		45'	17:30	SPRINT		30'	17:30	TRIP		45'
18:30	RPM		45'	18:00	RPM	L	45'	18:30	SPRINT		30'	18:00	RPM		45'	18:30	RPM		45'	18:30	TRIP		45'	18:30	RPM		45'
19:45	RPM	L	45'	19:30	RPM		45'	19:30	RPM		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

Myfit
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