

Cours collectifs FITNESS LesMills

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30 60' LES MILLS BODYPUMP	9h30 45' tone	9h30 30' LES MILLS CORE	9h30 60' LES MILLS BODYBALANCE	9h30 60' LES MILLS BODYPUMP	
10h45 45' Stretching	10h30 45' LES MILLS BODYBALANCE	10h00 45' Stretching	10h35 45' LES MILLS SH'BAM	10h45 45' Stretching	10h20 30' LES MILLS CORE
12h30 45' tone	12h30 45' LES MILLS BODYATTACK	12h30 45' LES MILLS BODYBALANCE	12h30 45' LES MILLS BODYPUMP	12h30 30' LES MILLS CORE	
15h00 45' LES MILLS BODYBALANCE	15h00 45' tone		15h00 45' LES MILLS BODYBALANCE		
17h30 60' LES MILLS BODYPUMP	17h30 30' LES MILLS CORE	17h30 30' LES MILLS CORE	17h30 45' tone	17h30 45' LES MILLS BODYPUMP	
	18h00 30' LES MILLS GRIT <small>CARDIO</small>	18h00 30' LES MILLS GRIT <small>STRENGTH</small>	18h20 45' LES MILLS SH'BAM	18h30 30' LES MILLS GRIT <small>CARDIO</small>	
18h40 60' LES MILLS BODYATTACK	18h40 60' LES MILLS BODYPUMP	18h45 30' LES MILLS CORE			
19h45 60' LES MILLS BODYBALANCE	19h45 60' LES MILLS BODYCOMBAT	19h20 60' LES MILLS BODYATTACK	19h10 60' LES MILLS BODYCOMBAT	19h05 60' LES MILLS BODYBALANCE	


Cours collectifs du STUDIO Bien-être

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
10h30 60' Pilates	10h30 60' Pilates		11h00 60' Pilates	12h00 60' Pilates	
18h45 60' Pilates	19h00 60' Pilates	18h30 60' Pilates	19h10 40' Stretching		

Cours collectifs du STUDIO BIKE

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30 50' LES MILLS RPM	9h30 50' LES MILLS THE TRIP		9h30 50' LES MILLS THE TRIP	9h30 50' LES MILLS RPM	9h30 50' LES MILLS RPM
12h30 50' sprint	12h30 50' LES MILLS RPM	12h30 50' LES MILLS THE TRIP	12h30 50' LES MILLS RPM	12h30 50' LES MILLS THE TRIP	
18h00 30' sprint	17h15 50' LES MILLS THE TRIP		18h30 30' sprint	17h45 50' LES MILLS THE TRIP	
18h45 50' LES MILLS RPM	18h40 50' LES MILLS RPM	18h45 50' LES MILLS RPM	19h10 50' LES MILLS RPM		

Cours collectifs en PISCINE

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h00 45' Aqua TONE	9h00 45' Aqua SCULPT	9h00 50' Aqua VELO	9h00 45' Aqua AERO	9h00 45' Aqua TONE	9h10 45' Aqua TONE
10h00 45' Aqua TONE	10h00 45' Aqua TONE	10h00 Ecole de Natation 		10h00 45' Aqua SCULPT	10h10 50' Aqua VELO
11h00 45' Aqua SCULPT			11h00 45' Aqua TONE	11h00 45' Aqua TONE	
12h40 40' Aqua AERO	12h40 40' Aqua SCULPT		12h40 40' Aqua TONE	12h30 50' Aqua VELO	
16h00 45' Aqua TONE	16h00 45' Aqua TONE		16h00 45' Aqua TONE	16h00 45' Aqua TONE	
17h45 45' Aqua SCULPT	18h00 45' Aqua AERO	17h30 30' Aqua GRIT	17h45 45' Aqua AERO	18h00 45' Aqua TONE	
18h30 45' Aqua TONE	19h00 50' Aqua VELO	18h15 45' Aqua SCULPT	18h30 45' Aqua SCULPT		
19h30 50' Aqua VELO		19h00 45' Aqua TONE	19h30 50' Aqua VELO		