

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	09:30 - 10:15 CORE				09:30 - 10:00 CORE
10:30 - 11:15 LES MILLS BODYPUMP		10:30 - 11:15 ZUMBA		10:30 - 11:15 LES MILLS Shapes	
	11:30 - 12:15 TRX		11:45 - 12:15 TRAINING		
12:30 - 13:15 TRAINING				12:30 - 13:15 TRX	
17:00 - 17:45 TRX	17:45 - 18:30 STEP	17:45 - 18:30 LES MILLS Shapes	17:45 - 18:30 TRX	17:45 - 18:30 TRAINING	 STUDIO V I D A
18:30 - 19:15 LES MILLS Shapes	18:30 - 19:15 LES MILLS BODYPUMP	18:30 - 19:15 LES MILLS BODYCOMBAT	18:30 - 19:15 ZUMBA STEP		
19:15 - 20:00 ZUMBA	19:15 - 19:45 BOOTY	19:30 - 20:15 TRAINING	19:30 - 20:15 LES MILLS BODYPUMP	19:15 - 20:00 TRX	
20:00 - 20:45 TRAINING					

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
			09:30 - 10:15 LES MILLS RPM		
	10:30 - 11:15 LES MILLS THE TRIP			10:30 - 11:15 LES MILLS THE TRIP VIRTUAL	10:15 - 11:00 LES MILLS RPM
		12:30 - 13:15 LES MILLS THE TRIP			11:15 - 12:00 LES MILLS THE TRIP VIRTUAL
17:45 - 18:15 TRAINING BOOTY 		17:45 - 18:15 TRAINING ABDOS 	17:45 - 18:30 LES MILLS THE TRIP	17:45 - 18:15 LES MILLS sprint VIRTUAL	 STUDIO R O D A
18:30 - 19:15 LES MILLS RPM	18:30 - 19:15 TRAINING	18:30 - 19:15 LES MILLS RPM	18:45 - 19:15 TRAINING ABDOS 	18:30 - 19:15 LES MILLS THE TRIP	
19:30 - 20:15 LES MILLS THE TRIP	19:30 - 20:15 LES MILLS RPM	19:30 - 20:00 TRAINING BOOTY 			

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
 09:30 - 10:15 LES MILLS BODYBALANCE		 09:30 - 10:15 Postural Ball®		 09:30 - 10:15 PILATES MATÉRIEL	
 11:30 - 12:15 PILATES		 11:30 - 12:15 CALM	 10:30 - 11:30 LES MILLS BODYBALANCE	 11:30 - 12:15 HATHA YOGA	 11:15 - 12:00 CALM
	 12:30 - 13:15 PILATES		 12:30 - 13:15 Postural Ball®		
 17:45 - 18:30 LES MILLS BODYBALANCE	17:45 - 18:30 HATHA YOGA	17:45 - 18:30 PILATES		17:45 - 18:30 Postural Ball®	 STUDIO A L M A
18:30 - 19:15 PILATES	18:30 - 19:15 YOGA VINYASA	18:30 - 19:15 PILATES MATÉRIEL	18:30 - 19:15 CALM	 18:30 - 19:15 LES MILLS BODYBALANCE	
19:15 - 20:00 CALM	19:15 - 20:00 Postural Ball®	 19:30 - 20:30 LES MILLS BODYBALANCE	19:30 - 20:15 PILATES		
20:00 - 20:45 PILATES MATÉRIEL	20:00 - 20:30 CALM				

Les cours précédés de la pastille  auront lieu dans le Studio VIDA.