



PLANNING

OUVERT : LUNDI - VENDREDI 8H30 21H / WEEKEND 9H 13H

LES MILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI		SAMEDI
9H00	BIKE		CEREMONY	TRX	LesMILLS BODYBALANCE	LesMILLS BODYPUMP	10H30 ZUMBA
	accès libre						
12H30	LesMILLS BODYPUMP	STEP	TRX	CEREMONY	BIKE	LesMILLS BODYBALANCE	
	accès libre						
17h30	LesMILLS BODYPUMP	CEREMONY	LesMILLS BODYBALANCE	TRX	BIKE		
18H20	TRX	LesMILLS BODYBALANCE	BIKE	LesMILLS BODYPUMP	CEREMONY		
19H15	STEP	LesMILLS BODYPUMP	TRX	BIKE	ZUMBA		
20H15	LesMILLS BODYBALANCE	BIKE	LesMILLS BODYPUMP	CEREMONY	VOYAGE SONORE		

planning sous réserve de modifications

