



| LUNDI | | | | MARDI | | | | MERCREDI | | | |
|-----------------------|--------|-------------|---------------|-----------------------|-------|-------------|---------------|-----------------------|--------|-----------|---------------|
| Salle 1 | Box | Piscine | RPM | Salle 1 | Box | Piscine | RPM | Salle 1 | Box | Piscine | RPM |
| | | 08h30 | | | | 8h30 | | 8h30 | | | |
| 9h30 | | Aqua GYM | | 09h30 | | Aqua BIKE | 09h30 | 'top STRETCH | 9h15 | 9H30 | |
| 'top GYM TRAD | 9h45 | | | LES MILLS BODYBALANCE | | | LES MILLS RPM | | WOD CG | Aqua GYM | |
| 10h30 | WOD | 10h30 | 10h15 | 10h30 | | 10h30 | | 10H30 | | 10H30 | 10H30 |
| EspritZen PILATES | 10h45 | Aqua BIKE | LES MILLS RPM | LES MILLS CXWORX | | AQUADYNAMIC | | 'top CAF | | Aqua GYM | LES MILLS RPM |
| | WOD | | | | | | | | | | |
| 12h30 | 12h30 | 12h30 | 12h30 | 12H30 | 12H30 | 12h45 30' | 12H30 | 12h30 | 12h30 | | 12h30 |
| LES MILLS BODYPUMP | WOD CG | Aqua BIKE | LES MILLS RPM | LES MILLS BODYCOMBAT | WOD | Aqua BOXE | LES MILLS RPM | EspritZen PILATES | WOD | | LES MILLS RPM |
| 14h00 | | | | 14h00 | | | | 14h00 | | | |
| LES MILLS BODYCOMBAT | | | | LES MILLS BODYPUMP | | | | LES MILLS BODYBALANCE | | | |
| 15h15 | | 15h15 | | 15h15 | | | 15h15 | 15h15 | | 15h15 | |
| LES MILLS BODYBALANCE | | Aqua GYM | | EspritZen PILATES | | | LES MILLS RPM | LES MILLS BODYPUMP | | Aqua BIKE | |
| 17h00 | | | | 17h00 | | 17h00 | | 17h00 | | | 17H00 |
| EspritZen PILATES | | | | LES MILLS SH'BAM | | FREE BIKE | | LES MILLS BODYCOMBAT | | | LES MILLS RPM |
| 18h00 | 17h30 | 17H30 | 17H00 | 18h00 | 18h00 | 18H00 | 17H30 | 18H00 | 17H30 | 17H30 | 18H00 |
| LES MILLS BODYATTACK | WOD | Aqua BIKE | LES MILLS RPM | LES MILLS CXWORX | WOD | Aqua BIKE | LES MILLS RPM | 'top STRETCH | WOD | Aqua GYM | LES MILLS RPM |
| 19h00 | 18h30 | 18h30 | 18h00 | 18H30 | 19h00 | 19h00 | 19h00 | 19H00 | 18H30 | 18h30 | 19H30 |
| LES MILLS BODYPUMP | WOD | AQUADYNAMIC | LES MILLS RPM | 'top CAF | WOD | AQUADYNAMIC | LES MILLS RPM | Deb STEP | WOD | Aqua BIKE | LES MILLS RPM |
| 20h00 | 19h30 | | 20h00 | 19h30 | 20h | | 20h00 | 20H00 | 19H30 | 20H00 | 20h30 |
| LES MILLS BODYBALANCE | WOD CG | | LES MILLS RPM | LES MILLS BODYATTACK | WOD | | LES MILLS RPM | LES MILLS BODYPUMP | WOD | Aqua BIKE | LES MILLS RPM |

| JEUDI | | | | VENDREDI | | | | SAMEDI | | | |
|-------------------------------|--------------|------------------------|-----------------------|------------------------------|------------------------------|----------------------|-----------------------|-------------------------------|--------------------------|--------------------|-----------------------|
| Salle 1 | Box | Piscine | RPM | Salle 1 | Box | Piscine | RPM | Salle 1 | Box | Piscine | RPM |
| | | 8H30 | | | | | | | | 8h30 | |
| 9h30 Deb STEP | 9h30 WOD | Aqua GYM | | 9h30 PILATES | | 9h30 Aqua BIKE | | 9h30 'top CAF | | Aqua GYM | |
| 10h30 LESMILLS BODYPUMP | | 10h30 Aqua BOXE | 10H30 LESMILLS RPM | 10h30 'top ABDOS FESS | 10h30 WOD | 10h30 Aqua GYM | 10h15 LESMILLS RPM | 10h30 LESMILLS BODYBALANCE | 10h00 WOD | 10h30 Aqua BIKE | 10h30 LESMILLS RPM |
| 12h30 LESMILLS BODYBALANCE | 12h30 WOD | 12h30 AQUADYNAMIC | 12h30 LESMILLS RPM | 12h30 LESMILLS SH'BAM | 12h30 WOD | 12h30 Aqua BIKE | 12h30 LESMILLS RPM | 11h30 LESMILLS BODYCOMBAT | | | 11H30 LESMILLS RPM |
| 14h00 LESMILLS CXWORK | | | | 14h00 LESMILLS SH'BAM | | | | 12h30 LESMILLS BODYPUMP | 12h30 WOD | | 12h30 LESMILLS RPM |
| 15h15 EspritZen PILATES | | | 15h15 LESMILLS RPM | 15h15 LESMILLS BODYCOMBAT | | 15h15 AQUADYNAMIC | 16h00 LESMILLS RPM | 13h30 LESMILLS SH'BAM | | | |
| 17h00 LESMILLS CXWORK | | | | 17h00 LESMILLS BODYPUMP | 16h30 WOD | | | 14h30 LESMILLS BODYCOMBAT | | | |
| 17h30 LESMILLS BODYPUMP | 18h00 WOD | 18h00 Aqua BIKE | | 18h00 LESMILLS BODYJAM | 17h30 WOD | | 17h30 LESMILLS RPM | 15h30 LESMILLS CXWORK | | | 14h00 LESMILLS RPM |
| 18h30 LESMILLS BODYATTACK | 19h00 WOD | 19h00 30' Aqua BOXE | 19h00 LESMILLS RPM | 19h00 'top STRETCH | 18h30 WOD | 18h30 AQUADYNAMIC | 18h30 LESMILLS RPM | 16h30 LESMILLS BODYPUMP | 13H30 WOD | | 16h30 LESMILLS RPM |
| 19h30 LESMILLS BODYJAM | | | 20h00 LESMILLS RPM | 20h00 Inter STEP | 19h30-21h00 WOD technique | 19h30 Aqua BIKE | 19h30 LESMILLS RPM | 17h30 LESMILLS BODYBALANCE | 14H30 WOD | | 18h30 LESMILLS RPM |
| | | | | | | | | 18h30 LESMILLS BODYCOMBAT | 15h30 WOD Compétiteur | | 18h30 LESMILLS RPM |
| | | | | | | | | 19h30 LESMILLS BODYPUMP | | | 20h30 LESMILLS RPM |
| | | | | | | | | 20h30 LESMILLS CXWORK | | | |

Dimanche

| Salle 1 | Box | Piscine | RPM |
|--|-----|---------|--|
| 9h30  | | | |
| 10h30  | | | 10h30  |
| 11h30  | | | 12h30  |
| 12h30  | | | 15h00  |
| 13h30  | | | |
| 14h30  | | | 16h00  |
| 15h30  | | | |
| 16h30  | | | 17h00  |
| 17h30  | | | 18h00  |
| 18h30  | | | 18h00  |
| 19h30  | | | 19h00  |
| 20h30  | | | 21h00  |