

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30	LES MILLS BODYBALANCE®	LES MILLS BODYPUMP®	LES MILLS RPM®	100% RENFO CARDIO	LES MILLS RPM®	LES MILLS BODYPUMP®	
10h30	LES MILLS CORE	LES MILLS BODYBALANCE® FLEX 30'	LES MILLS BODYPUMP®	LES MILLS BODYBALANCE®	STRETCH	LES MILLS RPM®	
12h30	LES MILLS RPM®	LES MILLS BODYATTACK™	100% RENFO CARDIO	LES MILLS CORE	LES MILLS BODYPUMP®		
17h45	LES MILLS RPM®	LES MILLS BODYBALANCE®	LES MILLS RPM®	LES MILLS BODYPUMP®	FAC		
18h30	LES MILLS BODYPUMP®		dance	LES MILLS BODYATTACK™	LES MILLS RPM®		
18h45		LES MILLS CORE			LES MILLS BODYBALANCE®		
19h30	LES MILLS BODYCOMBAT	LES MILLS RPM®	LES MILLS BODYPUMP®	STRETCH			

OUVERTURE DE VOTRE CLUB

LUNDI AU VENDREDI

9H00-21H00

SAMEDI

9H00-17H00

DIMANCHE

9H30-12H30



PLANNING STUDIO 2022

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H00							
11H00							
11H30						LES MILLS GRIT STRENGTH	
12h30	LES MILLS GRIT SERIES 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING	TRX MOVE			HBX BOXING		
13H00				LES MILLS GRIT SERIES 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING			
18H00	LES MILLS GRIT ATHLETIC	HBX BOXING	TRX MOVE	HBX BOXING		OUVERTURE DE VOTRE CLUB LUNDI AU VENDREDI 9H00-21H00 SAMEDI 9H00-17H00 DIMANCHE 9H30-12H30	
18h30	LES MILLS sprint	LES MILLS GRIT CARDIO	LES MILLS GRIT STRENGTH	TRX MOVE			
19h15	HBX BOXING	LES MILLS GRIT STRENGTH	LES MILLS sprint	LES MILLS GRIT ATHLETIC			

PLANNING ACTIVITES HYDRO FITNESS

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
ACCES BASSIN 9h15	ACCES BASSIN 9h15	ACCES BASSIN 9h15	ACCES BASSIN 9h15	ACCES BASSIN 9h15	ACCES BASSIN 9h15-10h00	ACCES BASSIN 9h30 - 12h15
9h45 - 10h30 HYDRO TONIC	9h45 - 10h30 HYDRO BALANCE	9h45 - 10h30 HYDRO BIKE	9h45 - 10h30 HYDRO TONIC	9h45 - 10h30 HYDRO PUMP	10h00 - 10h45	
10h30 - 11h15 HYDRO BIKE	10h30 - 11h15 HYDRO CARDIO	10h30 - 11h15 HYDRO TRAINING	10h30 - 11h15 HYDRO BIKE	10h30 - 11h15 HYDRO BIKE	10h45 - 11h30 HYDRO BIKE	
ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 11h15 - 12h45	ACCES BASSIN 11h30-13h30	ACCES BASSIN 14h15-16h45
12h45 - 13h30 HYDRO TRAINING	12h45 - 13h30 HYDRO BIKE	12h45 - 13h30 HYDRO TONIC	12h45 - 13h30 HYDRO PUMP	12h45 - 13h30 HYDRO CARDIO	13h30 - 14h15 APPRENTISSAGE COLLECTIF ENFANTS	
ACCES BASSIN 13h30 - 17h45	ACCES BASSIN 13h30 - 15h30	ACCES BASSIN 13h30 - 17h00	ACCES BASSIN 13h30 - 17h45	ACCES BASSIN 13h30 - 17h45	ACCES BASSIN 14h15-16h45	
	15h30 - 16h15 HYDRO GYM					
17h45-18h30 HYDRO TRAINING	17h45-18h30 HYDRO BIKE	17h45 - 18h30 HYDRO PUMP	17h45-18h30 HYDRO CARDIO	17h45-18h30 HYDRO TONIC	ACCES BASSIN 18h30 - 20h15	
18h30 - 19h15 HYDRO PUMP	18h30 - 19h15 HYDRO TONIC	18h30 - 19h15 HYDRO BIKE	18h30 - 19h15 HYDRO BOXE	ACCES BASSIN 19h15 - 20h15		
19h15 - 20h00 HYDRO BIKE	ACCES BASSIN 19h15 - 20h15	ACCES BASSIN 19h15 - 20h15	ACCES BASSIN 19h15 - 20h15			

