




LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
09:00 - 09:30 <b>TRAINING</b>	09:30 - 10:15 <b>CORE</b>	09:30 - 10:15 <b>LES MILLS Shapes</b>			09:30 - 10:00 <b>CORE</b>
10:30 - 11:15 <b>LES MILLS BODYPUMP</b>		10:30 - 11:15 <b>ZUMBA</b>		10:30 - 11:15 <b>LES MILLS DANCE</b>	
	11:30 - 12:15 <b>TRAINING</b>		11:30 - 12:15 <b>STEP</b>		
		12:30 - 13:15 <b>LES MILLS BODYPUMP</b>		12:30 - 13:15 <b>LES MILLS Shapes</b>	
	17:45 - 18:30 <b>STEP</b>	17:45 - 18:30 <b>LES MILLS Shapes</b>	17:45 - 18:30 <b>CORE</b>		 STUDIO
18:30 - 19:15 <b>LES MILLS Shapes</b>	18:30 - 19:15 <b>LES MILLS BODYPUMP</b>	18:30 - 19:15 <b>LES MILLS DANCE</b>			V
19:15 - 20:00 <b>ZUMBA</b>	19:15 - 20:00 <b>LES MILLS BODYATTACK</b>	19:15 - 20:00 <b>LES MILLS BODYCOMBAT</b>	19:15 - 20:00 <b>LES MILLS BODYPUMP</b>	19:00 - 19:45 <b>TRAINING</b>	I
20:00 - 20:45 <b>TRAINING</b>			20:00 - 20:45 <small>NEW</small> <b>DAR</b>		D

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
09:30 - 10:15 <b>LES MILLS RPM VIRTUAL</b>			09:30 - 10:15 <b>LES MILLS RPM</b>		10:15 - 11:00 <b>LES MILLS RPM</b>
	10:30 - 11:15 <b>LES MILLS THE TRIP VIRTUAL</b>				11:15 - 12:00 <b>LES MILLS THE TRIP VIRTUAL</b>
12:30 - 13:15 <b>LES MILLS RPM</b>		11:30 - 12:15 <b>LES MILLS RPM VIRTUAL</b>		12:30 - 13:15 <b>LES MILLS RPM VIRTUAL</b>	
17:45 - 18:15 <b>LES MILLS sprint VIRTUAL</b>		17:45 - 18:15 <small>NEW</small> <b>LES MILLS sprint</b>	17:30 - 18:15 <b>LES MILLS THE TRIP VIRTUAL</b>		 STUDIO
18:30 - 19:15 <b>LES MILLS RPM</b>	18:30 - 19:15 <b>TRAINING</b>	18:30 - 19:15 <b>LES MILLS THE TRIP</b>	18:30 - 19:15 <b>LES MILLS RPM</b>	18:00 - 18:45 <b>LES MILLS THE TRIP</b>	R
19:30 - 20:15 <b>LES MILLS THE TRIP</b>	19:30 - 20:15 <b>LES MILLS RPM</b>		19:30 - 20:00 <small>NEW</small> <b>LES MILLS sprint</b>	19:00 - 19:45 <b>LES MILLS RPM VIRTUAL</b>	O

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