

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 CORE		12:30 - 13:15 TRX	
17:45 - 18:30 TRX	17:45 - 18:30 STEP	17:45 - 18:30 LES MILLS Shapes	18:00 - 18:30 CORE	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 NEW		
19:15 - 20:00 ZUMBA		19:15 - 19:45 BOOTY NEW	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		10:15 - 11:00 LES MILLS RPM
	10:30 - 11:15 LES MILLS THE TRIP VIRTUAL			10:30 - 11:15 LES MILLS THE TRIP VIRTUAL	11:15 - 12:00 LES MILLS THE TRIP VIRTUAL
12:30 - 13:15 LES MILLS RPM					
17:45 - 18:30 TRAINING		17:45 - 18:15 LES MILLS sprint	17:45 - 18:30 LES MILLS RPM		 STUDIO R O D A
18:30 - 19:15 LES MILLS RPM	18:30 - 19:15 TRAINING	18:30 - 19:15 LES MILLS THE TRIP	18:30 - 19:15 TRAINING	18:30 - 19:15 LES MILLS THE TRIP	
19:30 - 20:15 LES MILLS THE TRIP	19:30 - 20:15 LES MILLS RPM				

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
V 09:30 - 10:15 LES MILLS BODYBALANCE		V 09:30 - 10:15 Postural Ball®		V 09:30 - 10:15 PILATES	
	V 10:30 - 11:15 BARRE NEW		V 10:30 - 11:30 LES MILLS BODYBALANCE		
V 11:30 - 12:15 PILATES		V 11:30 - 12:15 CALM		V 11:30 - 12:15 HATHA YOGA	V 11:15 - 12:00 CALM
	V 12:30 - 13:15 PILATES		V 12:30 - 13:15 Postural Ball®		
17:45 - 18:30 BARRE NEW	17:45 - 18:30 HATHA YOGA	17:45 - 18:30 PILATES		V 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 Postural Ball®	18:30 - 19:15 CALM	V 18:30 - 19:15 LES MILLS BODYBALANCE	
19:15 - 20:00 CALM	19:30 - 20:15 Postural Ball®	19:15 - 20:00 LES MILLS BODYBALANCE	19:30 - 20:15 PILATES		
20:00 - 20:45 LES MILLS BODYBALANCE		20:00 - 20:45 CALM			

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