



# PLANNING COURS COLLECTIFS

A PARTIR DU 14 SEPTEMBRE

## STUDIOVERT

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
9H30	LES MILLS <b>BODYPUMP</b> 45'	CAF 45'	TOTAL GYM 45'	LES MILLS <b>BODYBALANCE</b> 55'	CAF 45'		
10H00						LES MILLS <b>BODYPUMP</b> 55'	LES MILLS <b>BODYPUMP</b> 55'
10H45	LES MILLS <b>BODYBALANCE</b> 55'	STRETCH 45'			STRETCH 45'		
12H30	CAF 45'	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS 45' <b>CXWORX</b>	LES MILLS <b>GRIT</b>   STRENGTH 30'	LES MILLS <b>BODYBALANCE</b> 45'	TOTAL GYM 45'	LES MILLS <b>BODYBALANCE</b> 55'
17H15	LES MILLS 30' <b>CXWORX</b>	LES MILLS <b>GRIT</b>   STRENGTH 30'	LES MILLS <b>GRIT</b>   ATHLETIC 30'	LES MILLS <b>GRIT</b>   STRENGTH 30'	LES MILLS <b>GRIT</b>   CARDIO 30'		
18H15	LES MILLS <b>BODYATTACK</b> 45'	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>BODYSTEP</b> 45'	ZUMBA 45'	LES MILLS <b>BODYPUMP</b> 45'		
19H30	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>BODYBALANCE</b> 45'	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>BODYATTACK</b> 45'	LES MILLS <b>BODYBALANCE</b> 55'		
20H45	LES MILLS 55' <b>BODYJAM</b>	LES MILLS <b>BODYCOMBAT</b> 55'	LES MILLS <b>GRIT</b>   CARDIO 30'	LES MILLS 55' <b>BODYPUMP</b>			

## STUDIOVERT

🎥 = LES MILLS CINEMA : COURS VIDÉOS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
11H15			LES MILLS <b>BODYBALANCE</b> 🎥	LES MILLS <b>CXWORX</b> 🎥			
13H30						LES MILLS <b>BODYCOMBAT</b> 🎥	LES MILLS <b>BODYPUMP</b> 🎥
14H30	LES MILLS 🎥 <b>CXWORX</b>	LES MILLS 🎥 <b>BODYCOMBAT</b>	LES MILLS 🎥 <b>BODYPUMP</b>	LES MILLS 🎥 <b>BODYPUMP</b>	LES MILLS 🎥 <b>BODYCOMBAT</b>	LES MILLS 🎥 <b>BODYPUMP</b>	LES MILLS 🎥 <b>CXWORX</b>
15H30	LES MILLS 🎥 <b>BODYBALANCE</b>	LES MILLS 🎥 <b>CXWORX</b>	LES MILLS 🎥 <b>BODYCOMBAT</b>	LES MILLS 🎥 <b>BODYBALANCE</b>	LES MILLS 🎥 <b>CXWORX</b>	LES MILLS 🎥 <b>CXWORX</b>	LES MILLS 🎥 <b>BODYCOMBAT</b>
16H30						LES MILLS 🎥 <b>BODYBALANCE</b>	LES MILLS 🎥 <b>BODYBALANCE</b>
17H30						LES MILLS 🎥 <b>CXWORX</b>	LES MILLS 🎥 <b>CXWORX</b>

## STUDIO BLANC

	LUNDI	MARDI	MERCREDI	JEUDI
12H30	LES MILLS <b>GRIT</b>   CARDIO 30'			TOTAL GYM 45'
18H00				LES MILLS 30' <b>CXWORX</b>
19H00			LES MILLS 60' <b>BODYJAM</b>	LES MILLS 60' <b>BODYCOMBAT</b>
19H15	CAF 45'	LES MILLS 30' <b>CXWORX</b>		
20H30			YOGA 60'	

# STUDIO BLEU

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H30			<b>LES MILLS RPM</b> 45'				
11H15						<b>LES MILLS RPM</b> 45'	<b>LES MILLS RPM</b> 45'
12H30		<b>LES MILLS sprint</b> 30'			<b>LES MILLS RPM</b> 45'		
18H15				<b>LES MILLS RPM</b> 45'			
19H15	<b>LES MILLS RPM</b> 45'	<b>LES MILLS RPM</b> 45'	<b>LES MILLS RPM</b> 45'		<b>LES MILLS sprint</b> 30'		
20H30		<b>LES MILLS sprint</b> 30'					

# STUDIO BLEU

🕒 = LES MILLS CINEMA : COURS VIDÉOS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8H15	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒		<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒		
9H15						<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒
11H30	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒		<b>LES MILLS RPM</b> 🕒			
12H30	<b>LES MILLS RPM</b> 🕒		<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒		<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒
13H30	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒		<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒
14H30	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒
15H30	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒
16H30	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒		<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒
17H30						<b>LES MILLS RPM</b> 🕒	<b>LES MILLS RPM</b> 🕒
20H30	<b>LES MILLS RPM</b> 🕒			<b>LES MILLS RPM</b> 🕒			

# STUDIO AQUA

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15	<b>AQUA BODYBIKE</b>	<b>AQUA DYNAMIC</b>	<b>AQUA BIKE</b>	<b>AQUA WORK</b>	<b>AQUA TRAINING</b>	<b>AQUA GYM</b>	<b>AQUA WORK</b>
10H30	<b>AQUA DYNAMIC</b>	<b>AQUA STRETCH</b>	<b>AQUA TONUS</b>	<b>AQUA BODYBIKE</b>	<b>AQUA GYM</b>	<b>AQUA BODYBIKE</b>	<b>AQUA BIKE</b>
11H15	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b> PARENT - ENFANT	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b> PARENT - ENFANT	<b>NAGE LIBRE</b>
12H30	<b>AQUA BIKE</b>	<b>AQUA WORK</b>	<b>AQUA DYNAMIC</b>	<b>AQUA TONUS</b>	<b>AQUA BODYBIKE</b>	<b>NAGE LIBRE</b> PARENT - ENFANT	<b>NAGE LIBRE</b>
13H30	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H	<b>NAGE LIBRE</b> PARENT - ENFANT	<b>NAGE LIBRE</b>
14H45	<b>NAGE LIBRE</b>	<b>AQUA BIKE</b>	<b>NAGE LIBRE</b> PARENT - ENFANT	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	FERMETURE 14H45	FERMETURE 14H45
15H30	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b> PARENT - ENFANT	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	<b>HORAIRE PISCINE :</b>  LUNDI : 9H15 - 21H45 MARDI AU JEUDI : 9H15 - 20H45 VENDREDI : 9H15 - 19H45 SAMEDI : 9H15 - 14H45 DIMANCHE : 9H15 - 14H45	
16H30	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H	CONTROLE HYGIÈNE PISCINE NON-ACCESSIBLE 1H		
18H00	<b>AQUA GYM</b>	<b>AQUA WORK</b>	<b>AQUA BODYBIKE</b>	<b>AQUA DYNAMIC</b>	<b>AQUA BIKE</b>		
19H15	<b>AQUA BODYBIKE</b>	<b>AQUA COMBAT</b>	<b>AQUA DYNAMIC</b>	<b>AQUA BODYBIKE</b>	<b>NAGE LIBRE</b>		
20H00	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	FERMETURE 19H45		
20H45	FERMETURE 21H45	FERMETURE 20H45	FERMETURE 20H45	FERMETURE 20H45			

# STUDIO TEAM TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10H45				<b>HBXBOXING</b>	
12H30			<b>HBXBOXING</b>		
18H00	<b>HBX MOVE</b>	<b>HBX MOVE</b>	<b>HBXBOXING</b>		<b>HBXBOXING</b>
20H30	<b>HBXBOXING</b>				