



PLANNING COURS COLLECTIFS

MON NOUVEAU LIEU DE VIE

STUDIOVERT

| | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|-------|---------------------------------|-------------------------------------|---------------------------------|-------------------------------------|---------------------------------|------------------------------|---------------------------------|
| 9H30 | LES MILLS BODYPUMP | tone | GYM | LES MILLS BODYBALANCE | CAF | LES MILLS BODYPUMP | |
| 10H00 | | | | | | | LES MILLS BODYPUMP |
| 12H30 | CAF | LES MILLS BODYPUMP | LES MILLS CXWORX | LES MILLS GRIT STRENGTH | LES MILLS BODYBALANCE | TOTAL GYM | LES MILLS BODYBALANCE |
| 17H30 | LES MILLS CXWORX | LES MILLS GRIT STRENGTH | LES MILLS GRIT PLYO | | | | |
| 18H15 | LES MILLS BODYATTACK | LES MILLS BODYPUMP | LES MILLS BODYSTEP | ZUMBA | LES MILLS BODYPUMP | | |
| 19H30 | LES MILLS BODYPUMP 45 | LES MILLS BODYBALANCE 45 | LES MILLS BODYPUMP 45 | LES MILLS BODYATTACK 45 | LES MILLS BODYBALANCE | | |
| 20H30 | LES MILLS BODYJAM | LES MILLS BODYCOMBAT | LES MILLS CXWORX | LES MILLS BODYPUMP | | | |

STUDIOVERT

Ⓞ = LES MILLS CINEMA : COURS VIDÉOS

| | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|-------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 11H15 | LES MILLS BODYCOMBAT Ⓞ | LES MILLS SH'BAM Ⓞ | LES MILLS BODYBALANCE Ⓞ | LES MILLS CXWORX Ⓞ | LES MILLS BODYPUMP Ⓞ | | |
| 13H30 | | | | | | LES MILLS BODYCOMBAT Ⓞ | LES MILLS SH'BAM Ⓞ |
| 14H30 | LES MILLS SH'BAM Ⓞ | LES MILLS BODYCOMBAT Ⓞ | LES MILLS BODYPUMP Ⓞ | LES MILLS BODYPUMP Ⓞ | LES MILLS BODYCOMBAT Ⓞ | LES MILLS BODYPUMP Ⓞ | LES MILLS CXWORX Ⓞ |
| 15H30 | LES MILLS BODYBALANCE Ⓞ | LES MILLS CXWORX Ⓞ | LES MILLS BODYCOMBAT Ⓞ | LES MILLS BODYBALANCE Ⓞ | LES MILLS CXWORX Ⓞ | LES MILLS CXWORX Ⓞ | LES MILLS BODYCOMBAT Ⓞ |
| 16H30 | LES MILLS BODYCOMBAT Ⓞ | LES MILLS BODYBALANCE Ⓞ | LES MILLS SH'BAM Ⓞ | LES MILLS CXWORX Ⓞ | LES MILLS BODYBALANCE Ⓞ | LES MILLS BODYBALANCE Ⓞ | LES MILLS BODYBALANCE Ⓞ |

STUDIO BLANC

| | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI |
|-------|------------------------------------|----------------------------|-----------------------------|--------------------------------|-----------------------------------|--------|
| 10H30 | LES MILLS BODYBALANCE | STRETCH | | | | |
| 12H30 | LES MILLS GRIT CARDIO | | ZUMBA | tone | | |
| 13H30 | | | | | | YOGA |
| 18H00 | LES MILLS BODYBALANCE 45 | tone | | LES MILLS CXWORX | | |
| 18H15 | | | | | LES MILLS GRIT CARDIO | |
| 19H00 | CAF | LES MILLS CXWORX | LES MILLS BODYJAM | LES MILLS BODYCOMBAT | | |
| 20H00 | YOGA | | | | | |

STUDIO BLEU

| | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|-------|------------------|---------------------|------------------|---------------------|------------------|------------------|------------------|
| 10H30 | | | LES MILLS RPM | | | | |
| 10H45 | | | | | | LES MILLS RPM | |
| 11H15 | | | | | | | LES MILLS RPM |
| 12H30 | | LES MILLS sprint | | | LES MILLS RPM | | |
| 17H45 | | | | LES MILLS sprint | | | |
| 18H45 | | LES MILLS RPM | | LES MILLS RPM | | | |
| 19H30 | LES MILLS RPM | | LES MILLS RPM | | LES MILLS RPM | | |
| 19H45 | | LES MILLS sprint | | | | | |

STUDIO BLEU

⦿ = LES MILLS CINEMA - COURS VIDÉOS

| | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|-------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| 8H15 | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | | |
| 9H15 | | | | | | | LES MILLS RPM ⦿ |
| 11H30 | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | | LES MILLS RPM ⦿ | | | |
| 12H30 | LES MILLS RPM ⦿ | | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ |
| 13H30 | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ |
| 14H30 | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ |
| 15H30 | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ |
| 16H30 | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ |
| 17H30 | | | | | | LES MILLS RPM ⦿ | LES MILLS RPM ⦿ |
| 20H30 | LES MILLS RPM ⦿ | | | LES MILLS RPM ⦿ | | | |

STUDIO AQUA

| | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|-------|---|---|---|---|---|---|-------------------------------|
| 9H15 | AQUA BODYBIKE | AQUA DYNAMIC | AQUA BIKE | AQUA WORK | AQUA TRAMPOLINE | AQUA DYNAMIC | AQUA WORK |
| 10H15 | AQUA DYNAMIC | AQUA STRETCHING | AQUA TONUS | AQUA BODYBIKE | AQUA TRAMPOLINE | AQUA TRAMPOLINE | AQUA BIKE |
| 11H15 | NAGE LIBRE | NAGE LIBRE | NAGE LIBRE PARENT - ENFANT | NAGE LIBRE | NAGE LIBRE | AQUA BODYBIKE | AQUA TRAMPOLINE |
| 12H30 | AQUA BIKE | AQUA WORK | AQUA DYNAMIC | AQUA TONUS | AQUA BODYBIKE | NAGE LIBRE PARENT - ENFANT | NAGE LIBRE |
| 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 | NAGE LIBRE PARENT - ENFANT FERMETURE 14H45 | NAGE LIBRE FERMETURE 14H45 |
| 14H45 | NAGE LIBRE | AQUA BIKE | NAGE LIBRE | NAGE LIBRE | NAGE LIBRE | HORAIRE PISCINE : LUNDI : 9H15 - 21H45 DU MARDI AU JEUDI : 9H15 - 20H45 VENDREDI : 9H15 - 19H45 SAMEDI & DIMANCHE : 9H15 - 14H45 | |
| 15H30 | NAGE LIBRE | NAGE LIBRE | NAGE LIBRE PARENT - ENFANT | NAGE LIBRE | NAGE LIBRE | | |
| 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 | | |
| 17H45 | AQUA TRAMPOLINE | AQUA WORK | AQUA BODYBIKE | AQUA TRAMPOLINE | AQUA BIKE | | |
| 18H45 | AQUA BODYBIKE | AQUA COMBAT | AQUA DYNAMIC | AQUA BODYBIKE | NAGE LIBRE | | |
| 19H45 | AQUA TONUS | AQUA BIKE | AQUA WORK | NAGE LIBRE | FERMETURE 19H45 | | |
| 20H30 | NAGE LIBRE FERMETURE 21H45 | FERMETURE 20H45 | FERMETURE 20H45 | FERMETURE 20H45 | | | |

STUDIO TEAM TRAINING

| | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI |
|-------|-------------------|-------------------|--|-------------------|-------------------|
| 8H30 | | HBX MOVE | | | |
| 12H30 | | | HBX BOXING | | |
| 17H30 | | | | | HBX BOXING |
| 18H15 | | HBX FUSION | HBX MOVE | | |
| 19H30 | | HBX BOXING | <small>L'ESPRESSO</small> GRIT <small>LE MONDE</small> CARDIO | | |
| 19H45 | HBX MOVE | | | HBX FUSION | |
| 20H30 | HBX BOXING | | | | |