



# PLANNING COURS COLLECTIFS

A PARTIR DU 22 AVRIL

## STUDIOVERT

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
9H15	<b>LES MILLS BODYPUMP</b> 45	<b>CAF</b> 45	<b>TOTALGYM</b> 45	<b>LES MILLS BODYBALANCE</b> 45	<b>CAF</b> 45		
9H45						<b>LES MILLS BODYPUMP</b> 55	<b>LES MILLS BODYPUMP</b> 55
10H15	<b>LES MILLS BODYBALANCE</b> 55	<b>PILATES</b> 45			<b>STRETCH</b> 45		
12H30	<b>LES MILLS GRIT</b>   <b>CARDIO</b> 30	<b>LES MILLS BODYPUMP</b> 45	<b>LES MILLS CORE</b> 45	<b>LES MILLS GRIT</b>   <b>STRENGTH</b> 30	<b>LES MILLS BODYBALANCE</b> 45	<b>COMBATTACK</b> 45	<b>LES MILLS BODYBALANCE</b> 55
17H45		<b>LES MILLS GRIT</b>   <b>STRENGTH</b> 30	<b>LES MILLS GRIT</b>   <b>ATHLETIC</b> 30	<b>LES MILLS CORE</b> 30	<b>LES MILLS GRIT</b>   <b>CARDIO</b> 30		
18H30	<b>LES MILLS BODYATTACK</b> 45	<b>LES MILLS BODYPUMP</b> 45	<b>LES MILLS BODYATTACK</b> 45	<b>DANCE'N'FUN</b> 45	<b>LES MILLS BODYPUMP</b> 45		
19H30	<b>LES MILLS BODYPUMP</b> 55	<b>LES MILLS BODYCOMBAT</b> 55	<b>LES MILLS BODYPUMP</b> 55	<b>LES MILLS BODYCOMBAT</b> 55	<b>LES MILLS BODYBALANCE</b> 55		

## STUDIOVERT

📺 - LES MILLS CINEMA : COURS VIDÉOS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
10H15			<b>LES MILLS BODYPUMP</b> 📺				
11H15			<b>LES MILLS BODYBALANCE</b> 📺	<b>LES MILLS CORE</b> 📺			
13H30						<b>LES MILLS BODYCOMBAT</b> 📺	<b>LES MILLS BODYPUMP</b> 📺
14H30	<b>LES MILLS CORE</b> 📺	<b>LES MILLS BODYCOMBAT</b> 📺	<b>LES MILLS BODYPUMP</b> 📺	<b>LES MILLS BODYPUMP</b> 📺	<b>LES MILLS BODYCOMBAT</b> 📺	<b>LES MILLS BODYPUMP</b> 📺	<b>LES MILLS CORE</b> 📺
15H30	<b>LES MILLS BODYBALANCE</b> 📺	<b>LES MILLS CORE</b> 📺	<b>LES MILLS BODYCOMBAT</b> 📺	<b>LES MILLS BODYBALANCE</b> 📺	<b>LES MILLS CORE</b> 📺	<b>LES MILLS CORE</b> 📺	<b>LES MILLS BODYCOMBAT</b> 📺
16H30						<b>LES MILLS BODYBALANCE</b> 📺	<b>LES MILLS BODYBALANCE</b> 📺

## STUDIOBLANC

	LUNDI	MARDI	MERCREDI	JEUDI
12H30	<b>DANCE'N'FUN</b> 45			<b>PILATES</b> 45
18H30	<b>CAF</b> 45			
19H30	<b>LES MILLS BODYJAM</b> 55	<b>PILATES</b> 45	<b>LES MILLS BODYJAM</b> 55	<b>YOGA HASHANGA</b> 45

# STUDIOBLEU

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
10H15			<b>LES MILLS RPM</b> 45'				
11H00						<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'		
17H45	<b>LES MILLS sprint</b> 30'						
18H30		<b>LES MILLS RPM</b> 45'	<b>LES MILLS RPM</b> 45'	<b>LES MILLS RPM</b> 45'			
19H30					<b>LES MILLS sprint</b> 30'		

# STUDIO BLEU

🎥 = LES MILLS CINEMA : COURS VIDÉOS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	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> 🎥	<b>LES MILLS RPM</b> 🎥
21H00	<b>LES MILLS RPM</b> 🎥		<b>LES MILLS RPM</b> 🎥	<b>LES MILLS RPM</b> 🎥			

# STUDIO AQUA

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
9H15	<b>AQUAFITBIKE</b>	<b>AQUADYNAMIC</b>	<b>AQUABIKE</b>	<b>AQUAWORK</b>	<b>AQUATRaining</b>	<b>AQUAGYM</b>	<b>AQUAWORK</b>
10H15	<b>AQUADYNAMIC</b>	<b>AQUASTRETCH</b>	<b>AQUATONUS</b>	<b>AQUADYNAMIC</b>	<b>AQUAGYM</b>	<b>AQUAFITBIKE</b>	<b>AQUABIKE</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>AQUATRaining</b>	<b>NAGE LIBRE</b> PARENT - ENFANT
12H30	<b>AQUABIKE</b>	<b>AQUAWORK</b>	<b>AQUADYNAMIC</b>	<b>AQUABIKE</b>	<b>AQUAFITBIKE</b>	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b> PARENT - ENFANT
13H30	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>	<b>NAGE LIBRE</b> PARENT - ENFANT	FERMETURE 13H00
14H45	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b> PARENT - ENFANT	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	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>		
16H30	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>	CONTROLE HYGIÈNE <small>PISCINE NON ACCESSIBLE JUSQU'À 18H15</small>		
18H30	<b>AQUAGYM</b>	<b>AQUAWORK</b>	<b>AQUATRaining</b>	<b>AQUATRaining</b>	<b>NAGE LIBRE</b>		
19H30	<b>AQUAHIIT</b>	<b>AQUACOMBAT</b>	<b>AQUAFITBIKE</b>	<b>AQUAHIIT</b>	<b>NAGE LIBRE</b>		
20H15	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	<b>NAGE LIBRE</b>	FERMETURE 20H00		
21H00	FERMETURE 21H00	FERMETURE 21H00	FERMETURE 21H00	FERMETURE 21H00			

## HORAIRE PISCINE :

LUNDI : 9H15 - 21H00  
 MARDI AU JEUDI : 9H15 - 21H00  
 VENDREDI : 9H15 - 20H00  
 SAMEDI : 9H15 - 14H45  
 DIMANCHE : 9H15 - 13H00

# STUDIO ROUGE

	LUNDI	MARDI	MERCREDI	VENDREDI
12H30			<b>HBX BOXING</b>	
17H45	<b>HBX MOVE</b>	<b>HBX BOXING</b>	<b>HBX BOXING</b>	<b>HBX MOVE</b>
18H30				<b>HBX BOXING</b>
20H30	<b>HBX BOXING</b>			