



# PLANNING 2026

LUNDI

MARDI

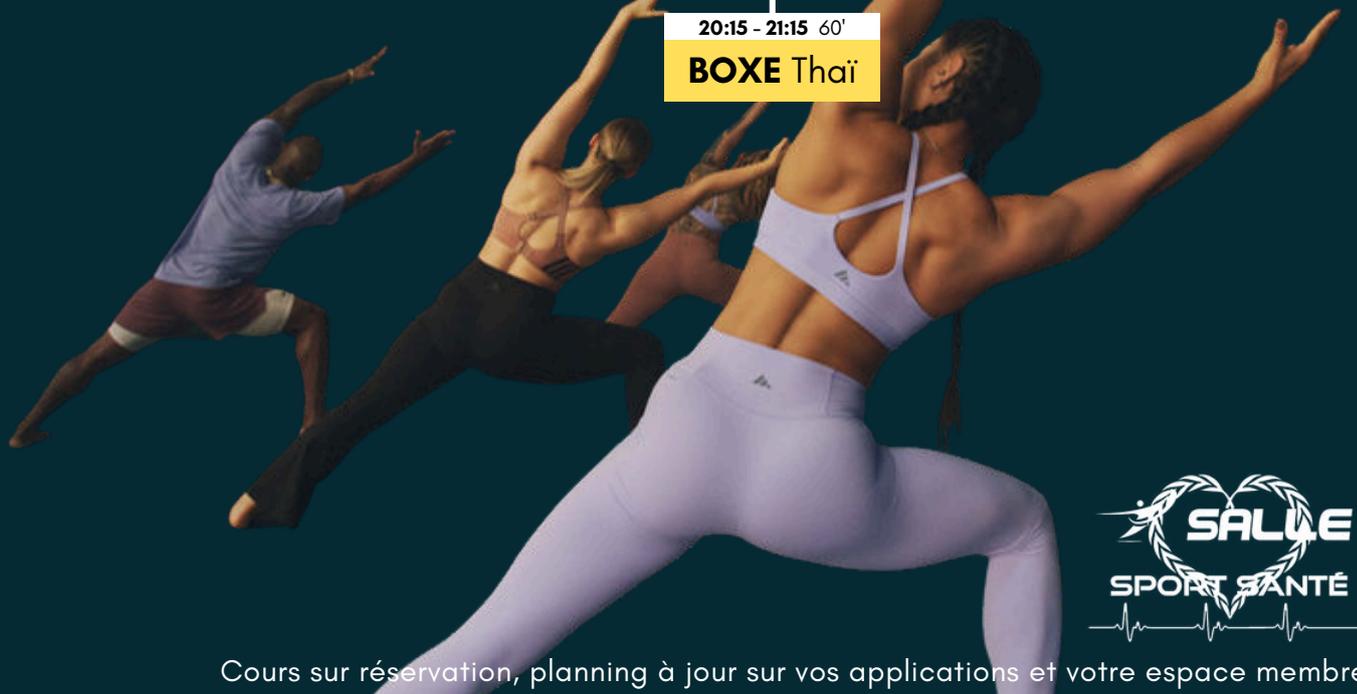
MERCREDI

JEUDI

VENDREDI

SAMEDI

	07:30 - 08:15 45' <sup>NEW</sup> LES MILLS <b>CEREMONY</b>				
09:45 - 10:30 45' <b>LES MILLS BODYPUMP</b>	09:45 - 10:30 45' <b>LES MILLS RPM</b>	09:45 - 10:30 45' <b>CIRCUIT Training</b>	09:45 - 10:30 45' <b>RIDE</b>	09:45 - 10:30 45' <b>LES MILLS RPM</b>	09:30 - 10:00 30' <b>CAF</b>
10:45 - 11:45 60' <b>PILATES Fusion</b>	10:45 - 11:30 45' <b>LES MILLS BODYBALANCE</b>		10:45 - 11:45 60' <sup>NEW</sup> <b>ZUMBA</b>	10:45 - 11:45 60' <b>LES MILLS BODYBALANCE</b>	10:15 - 11:00 45' <b>RIDE</b>
12:30 - 13:15 45' <b>fusion</b>	12:30 - 13:00 30' <b>ABDOS</b>	12:30 - 13:15 45' <sup>NEW</sup> <b>CEREMONY</b>	12:30 - 13:15 45' <sup>NEW</sup> <b>HARMONY Training</b>	12:30 - 13:15 45' <b>BOXE Thaï</b>	10:15 - 11:15 60' <sup>NEW</sup> <b>ZUMBA</b>
	12:30 - 13:15 45' <b>PILATES Susp</b>		12:30 - 13:15 45' <b>fusion</b>	12:30 - 13:15 45' <b>PILATES Susp</b>	11:15 - 12:00 45' <sup>NEW</sup> <b>CEREMONY</b>
17:15 - 18:00 45' <sup>NEW</sup> <b>LES MILLS BODYBALANCE</b>	17:30 - 18:15 45' <b>HYPOFITNESS</b>	17:15 - 18:00 45' <b>PILATES Susp</b>	17:30 - 18:15 45' <b>PILATES Susp</b>	17:00 - 17:45 45' <sup>NEW</sup> <b>RENFO / STRETCH</b>	
18:15 - 19:00 45' <b>RIDE</b>	18:00 - 19:00 60' <sup>NEW</sup> <b>RENFO / STRETCH</b>	18:15 - 19:00 45' <b>RIDE</b>	18:15 - 19:00 45' <b>LES MILLS BODYATTACK</b>	18:00 - 18:45 45' <b>LES MILLS RPM</b>	
18:15 - 19:00 45' <b>LES MILLS BODYPUMP</b>	19:15 - 20:00 45' <b>STEP</b>	18:15 - 19:00 45' <b>LES MILLS BODYPUMP</b>	18:15 - 19:00 45' <b>fusion</b>	18:00 - 18:45 45' <sup>NEW</sup> <b>LES MILLS BODYCOMBAT</b>	
19:15 - 20:00 45' <b>LES MILLS BODYATTACK</b>	19:15 - 20:00 45' <b>fusion boxing</b>	19:15 - 20:15 60' <b>LES MILLS BODYBALANCE</b>	19:15 - 20:00 45' <b>CAF</b>	19:00 - 20:45 45' <b>BACHATA / SALSA</b>	
20:15 - 21:15 60' <b>BOXE Thaï</b>		19:15 - 20:00 45' <sup>NEW</sup> <b>CEREMONY</b>	19:15 - 20:00 45' <b>PILATES Fusion</b>	19:00 - 19:45 45' <sup>NEW</sup> <b>CEREMONY</b>	
			20:15 - 21:15 60' <b>BOXE Thaï</b>		



Cours sur réservation, planning à jour sur vos applications et votre espace membre



# PLANNING 2026

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## RENFORCEMENT

09:45 - 10:30 45' <b>LES MILLS BODYPUMP</b>	07:30 - 08:15 45' <b>LES MILLS CEREMONY</b>	09:45 - 10:30 45' <b>CIRCUIT Training</b>	12:30 - 13:15 45' <b>HARMONY Training</b>	17:00 - 17:45 45' <b>RENFO/STRETCH</b>	09:30 - 10:00 30' <b>CAF</b>
12:30 - 13:15 45' <b>HBX fusion</b>	12:30 - 13:00 30' <b>ABDOS</b>	12:30 - 13:15 45' <b>LES MILLS CEREMONY</b>	12:30 - 13:15 45' <b>HBX fusion</b>	19:00 - 19:45 45' <b>LES MILLS CEREMONY</b>	11:15 - 12:00 45' <b>LES MILLS CEREMONY</b>
18:15 - 19:00 45' <b>LES MILLS BODYPUMP</b>	18:00 - 19:00 60' <b>RENFO/STRETCH</b>	18:15 - 19:00 45' <b>LES MILLS BODYPUMP</b>	18:15 - 19:00 45' <b>HBX fusion</b>		
		19:15 - 20:00 45' <b>LES MILLS CEREMONY</b>	19:15 - 20:00 45' <b>CAF</b>		

## CARDIO & DANSE

18:15 - 19:00 45' <b>RIDE</b>	09:45 - 10:30 45' <b>LES MILLS RPM</b>	18:15 - 19:00 45' <b>RIDE</b>	09:45 - 10:30 45' <b>RIDE</b>	09:45 - 10:30 45' <b>LES MILLS RPM</b>	10:15 - 11:00 45' <b>RIDE</b>
19:15 - 20:00 45' <b>LES MILLS BODYATTACK</b>	19:15 - 20:00 45' <b>STEP</b>		10:45 - 11:45 60' <b>ZUMBA</b>	12:30 - 13:15 45' <b>BOXE Thai</b>	10:15 - 11:15 60' <b>ZUMBA</b>
20:15 - 21:15 60' <b>BOXE Thai</b>	19:15 - 20:00 45' <b>HBX boxing</b>		18:15 - 19:00 45' <b>LES MILLS BODYATTACK</b>	18:00 - 18:45 45' <b>LES MILLS RPM</b>	
			20:15 - 21:15 60' <b>BOXE Thai</b>	18:00 - 18:45 45' <b>LES MILLS BODYCOMBAT</b>	
				19:00 - 19:45 45' <b>BACHATA/SALSA</b>	

## BIEN-ÊTRE

10:45 - 11:45 60' <b>PILATES Fusion</b>	10:45 - 11:30 45' <b>LES MILLS BODYBALANCE</b>	17:15 - 18:00 45' <b>PILATES Susp</b>	17:30 - 18:15 45' <b>PILATES Susp</b>	10:45 - 11:45 60' <b>LES MILLS BODYBALANCE</b>
17:15 - 18:00 45' <b>LES MILLS BODYBALANCE</b>	12:30 - 13:15 45' <b>PILATES Susp</b>	19:15 - 20:15 60' <b>LES MILLS BODYBALANCE</b>	19:15 - 20:00 45' <b>PILATES Fusion</b>	12:30 - 13:15 45' <b>PILATES Susp</b>
	17:30 - 18:15 45' <b>HYPOFITNESS</b>			

