

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

STUDIO FITNESS

STUDIO BIKING

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STUDIO BIKING

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23H

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7H-8H15	LES MILLS RPM			LES MILLS RPM			
8H-8H45						LES MILLS RPM	
8H30-9H00	LES MILLS SPRINT	LES MILLS THE TRIP		LES MILLS SPRINT		LES MILLS SPRINT	LES MILLS SPRINT
9H-9H45	LES MILLS RPM			LES MILLS THE TRIP		LES MILLS SPRINT	LES MILLS THE TRIP
9H45-10H30	LES MILLS SPRINT	LES MILLS BODYBALANCE		LES MILLS SPRINT	LES MILLS BODYBALANCE	LES MILLS THE TRIP	LES MILLS SPRINT
10H-10H30	LES MILLS SPRINT			LES MILLS SPRINT		LES MILLS SPRINT	LES MILLS SPRINT
10H30-11H30	LES MILLS THE TRIP			LES MILLS RPM		LES MILLS SPRINT	LES MILLS RPM
11H-11H30				LES MILLS THE TRIP		LES MILLS RPM	
11H30-12H00	LES MILLS SPRINT			LES MILLS THE TRIP		LES MILLS RPM	
12H-12H30	LES MILLS RPM			LES MILLS SPRINT			LES MILLS SPRINT
12H30-13H00	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS SPRINT	LES MILLS THE TRIP	LES MILLS SPRINT	LES MILLS SPRINT	LES MILLS THE TRIP
12H30-13H15			LES MILLS SPRINT	LES MILLS SPRINT			LES MILLS SPRINT
13H-13H45				LES MILLS RPM		LES MILLS SPRINT	LES MILLS SPRINT
14H-14H45	LES MILLS THE TRIP			LES MILLS SPRINT		LES MILLS THE TRIP	LES MILLS SPRINT
14H30-15H00				LES MILLS RPM			LES MILLS RPM
15H-15H45	LES MILLS SPRINT	LES MILLS THE TRIP		LES MILLS THE TRIP		LES MILLS SPRINT	LES MILLS RPM
15H30-16H15	LES MILLS RPM			LES MILLS SPRINT		LES MILLS RPM	LES MILLS SPRINT
16H-16H45	LES MILLS SPRINT			LES MILLS RPM			
16H30-17H00				LES MILLS THE TRIP		LES MILLS SPRINT	LES MILLS THE TRIP
17H-17H45	LES MILLS THE TRIP			LES MILLS SPRINT		LES MILLS THE TRIP	LES MILLS SPRINT
17H30-18H00				LES MILLS SPRINT			LES MILLS SPRINT
17H45-18H30	LES MILLS BODYPUMP	LES MILLS PILATES	LES MILLS BODYBALANCE	LES MILLS CAF	LES MILLS THE TRIP	LES MILLS GRIT	
18H-18H45	LES MILLS SPRINT			LES MILLS GRIT		LES MILLS SPRINT	
18H30-19H15	LES MILLS CAF	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	LES MILLS GRIT		LES MILLS RPM	LES MILLS THE TRIP
19H-19H45	LES MILLS RPM			LES MILLS RPM			
19H15-20H	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS ZUMBA	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS RPM	
19H30-20H15				LES MILLS SPRINT		LES MILLS SPRINT	
20H-20H45	LES MILLS BODYCOMBAT			LES MILLS SPRINT		LES MILLS THE TRIP	LES MILLS RPM
20H30-21H00	LES MILLS SPRINT			LES MILLS THE TRIP		LES MILLS SPRINT	LES MILLS RPM
21H-21H45				LES MILLS SPRINT			LES MILLS SPRINT
21H30-22H15	LES MILLS THE TRIP			LES MILLS RPM		LES MILLS THE TRIP	
22H-22H45				LES MILLS SPRINT			LES MILLS SPRINT
22H30-23H15				LES MILLS RPM		LES MILLS THE TRIP	LES MILLS SPRINT
23H-23H45				LES MILLS THE TRIP		LES MILLS RPM	LES MILLS THE TRIP