

| LUNDI                                   | MARDI                                     | MERCREDI                                 | JEUDI                                     | VENDREDI                                | SAMEDI                                    | DIMANCHE   |
|---|---|--|---|---|---|--|
| 09H45 45'<br><b>STEP</b>                | 09H45 45'<br><b>C.A.F</b>                 | 09H45 45'<br><b>CROSS TRAINING</b>       | 09H45 45'<br><b>LES MILLS BODY PUMP</b>   | 09H45 45'<br><b>B'ZEN</b>               | 10H30 45'<br><b>C.A.F</b>                 | 10H30 45'<br><b>LES MILLS BODY PUMP</b>  |
| 10H30 45'<br><b>PILATES</b>             | 10H30 45'<br><b>B'ZEN</b>                 |  | 10H30 45'<br><b>B'ZEN</b>                 | 10H30 45'<br><b>B'SCULPT</b>            | 11H15 45'<br><b>LES MILLS BODY ATTACK</b> | 11H15 45'<br><b>ZUMBA FITNESS</b>  |
|   |   |  |   |   | 12H00 30'<br><b>B'ZEN</b>                 | 12H00 30'<br><b>A.F</b>  |
| 12H45 45'<br><b>ZUMBA FITNESS</b>       | 12H45 45'<br><b>LES MILLS BODYCOMBAT</b>  | 12H45 45'<br><b>CROSS TRAINING</b>       | 12H45 45'<br><b>LES MILLS RPM</b>         | 12H45 45'<br><b>LES MILLS BODY PUMP</b> | 14H00 30'<br><b>CROSS TRAINING</b>        | <b>HORAIRES</b><br>Lundi au Vendredi<br>9h-22h<br>Samedi<br>10h-18h<br>Dimanche<br>10h-14h |
| 13H30 15'<br><b>ABDOS</b>               | 13H30 15'<br><b>B'ZEN</b>                 | 13H00 45'<br><b>C.A.F</b>                |   | 13H30 15'<br><b>ABDOS</b>               | 14H30 45'<br><b>ZUMBA FITNESS</b>         |  |
|   |   |  |   |   | 15H15 45'<br><b>B'SCULPT</b>              |  |
| 18H30 45'<br><b>LES MILLS BODY PUMP</b> | 18H30 45'<br><b>STEP</b>                  | 18H30 45'<br><b>C.A.F</b>                | 18H30 45'<br><b>LES MILLS BODY ATTACK</b> | 18H15 45'<br><b>CROSS TRAINING</b>      |   |  |
| 18H30 45'<br><b>CROSS TRAINING</b>      | 18H45 45'<br><b>CROSS TRAINING</b>        | 19H15 45'<br><b>LES MILLS BODYCOMBAT</b> | 19H00 45'<br><b>CROSS TRAINING</b>        | 18H30 45'<br><b>ZUMBA FITNESS</b>       |   |  |
| 19H15 45'<br><b>ZUMBA FITNESS</b>       | 19H15 45'<br><b>LES MILLS BODY ATTACK</b> | 20H00 30'<br><b>B'ZEN</b>                | 19H15 45'<br><b>ZUMBA FITNESS</b>         | 19H00 45'<br><b>LES MILLS RPM</b>       |   |  |
| 19H15 45'<br><b>LES MILLS RPM</b>       | 19H30 45'<br><b>LES MILLS RPM</b>         |  | 19H45 45'<br><b>LES MILLS RPM</b>         | 19H15 45'<br><b>LES MILLS BODY PUMP</b> |   |  |
| 20H00 30'<br><b>A.F</b>                 | 20H00 30'<br><b>ZUMBA FITNESS</b>         |  | 20H00 30'<br><b>PILATES</b>               | 20H00 30'<br><b>A.F</b>                 |   |  |

**LES MILLS**  
FOR A FITTER PLANET

