

| <i>B and Fit</i> | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|----------------------|--|---|--|---|---|---|
| Business time | 7h00 → 7h30 <i>B and Fit</i> LESMILLS sprint | | | 7h00 → 7h30 <i>B and Fit</i> LESMILLS sprint | | 9h00 → 9h45 <i>B and Fit</i> LESMILLS RPM |
| Matin | 9h30 → 10h15 <i>B and Fit</i> Cross Training | 9h30 → 10h15 <i>B and Fit</i> Abdos and Sculpt | 9h30 → 10h15 <i>B and Fit</i> LESMILLS RPM | 9h30 → 10h15 <i>B and Fit</i> Pilates and Stretch | | 10h00 → 10h45 <i>B and Fit</i> Cross Training |
| Midi | 12h30 → 13h15 <i>B and Fit</i> LESMILLS RPM | | 12h30 → 13h15 <i>B and Fit</i> Cross Training | 12h30 → 13h00 <i>B and Fit</i> LESMILLS sprint | 12h30 → 13h15 <i>B and Fit</i> Cross Training | 11h00 → 11h30 <i>B and Fit</i> LESMILLS sprint |
| Après-midi | 15H00 → 15h45 <i>B and Fit</i> Pilates and Stretch | | 15h00 → 15h45 15h45 → 16h30 <i>B and Fit</i> Cross Training 8-12 ans Kids <i>B and Fit</i> Cross Training 12-16 ans Teens | 15H00 → 15h45 <i>B and Fit</i> Abdos and Sculpt | 15H00 → 15h45 <i>B and Fit</i> LESMILLS RPM | <p>Avec l'option " <u>Bike VIP</u> ", réservez votre vélo via votre smartphone, et soyez prioritaire pour vos cours de Biking <u>RPM</u> et <u>Sprint</u>.</p> <p>- Renseignements et conditions auprès du staff B and Fit.</p> |
| Soirée | 18h00 → 18h45 <i>B and Fit</i> LESMILLS RPM | | | 18h00 → 18h45 <i>B and Fit</i> Cross Training | 18h00 → 18h45 <i>B and Fit</i> Cross Training | |
| | | 19h00 → 19h45 <i>B and Fit</i> Abdos and Sculpt | 19h00 → 19h45 <i>B and Fit</i> LESMILLS RPM | | 19h00 → 19h30 <i>B and Fit</i> LESMILLS sprint | |
| | | 20h00 → 20h45 <i>B and Fit</i> Cross Training | 20h00 → 20h45 <i>B and Fit</i> Step Freestyle | | 20h00 → 21h00 <i>B and Fit</i> Sculpt and Barre | |
| | | 21h00 → 21h45 <i>B and Fit</i> LESMILLS RPM | 21h00 → 21h30 <i>B and Fit</i> LESMILLS sprint | | 21h00 → 21h45 <i>B and Fit</i> Cross Training | |

WEEK - END

