

- 1 Salle Cours Collectifs
- 2 Salle RPM
- 3 Salle Small Group Training



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	10:00 10:45 FULL GYM 1	10:00 10:45 PILATES 1	10:00 10:45 FULL GYM 1	10:00 10:45 CAF 1	10:00 10:45 FULL SCULPT 1	09:15 10:00 PILATES 1	10:00 10:45 FULL SCULPT 1
	10:50 11:35 CAF 1	10:50 11:35 LES MILLS BODYPUMP 1	10:50 11:35 PILATES 1	10:50 11:35 LES MILLS BODY BALANCE 1	10:50 11:35 STRETCHING 1	10:05 10:50 LES MILLS BODYPUMP 1	10:50 11:35 LES MILLS RPM (Live) 2
MIDI	12:30 13:00 CAF 1	12:30 13:00 LES MILLS BODYPUMP 1	12:30 13:00 LES MILLS GRIT 1	12:30 13:00 LES MILLS BODYPUMP 1	12:30 13:00 move 3		
	13:00 13:30 LES MILLS RPM (Live) 2	13:00 13:30 ABDOS 1	13:00 13:30 CAF 1	13:00 13:30 boxing 3	13:00 13:30 LES MILLS RPM (Live) 2		
SOIR	18:00 18:45 LES MILLS BODYPUMP 1	18:10 18:55 boxing 3	18:00 18:45 LES MILLS BODYCOMBAT 1	18:00 18:45 LES MILLS RPM (Live) 2	18:00 18:45 PILATES 1		
	18:45 19:30 LES MILLS BODYATTACK 1	19:00 19:45 move 3	18:15 18:45 LES MILLS GRIT 3	18:45 19:30 LES MILLS BODYSTEP 1	18:45 19:30 CAF 1		
	18:45 19:30 LES MILLS RPM (Live) 2	19:30 20:15 LES MILLS RPM (Live) 2	18:45 19:30 LES MILLS RPM (Live) 2	19:30 20:15 PILATES 1			
	19:30 20:15 CAF 1	19:50 20:35 STRETCHING 1	18:45 19:45 LES MILLS BODYPUMP 1				
			19:45 20:45 LES MILLS BODY BALANCE 1				

Activités en option

La direction se réserve le droit de modifier le planning à tout moment

OUVERT 7J/7

LA PLAINE

LUNDI AU JEUDI
7h00 / 22h00

VENDREDI | **WEEK-END**
07h00 / 20h00 | 09h00 / 19h00

05 36 47 43 33

LES MILLS RPM sprint



OUVERT 7J/7

LA PLAINE

LUNDI AU JEUDI
7h00 / 22h00

VENREDI
07h00 / 20h00

WEEK-END
09h00 / 19h00

05 36 47 43 33

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
7:15 (30')	7:15 (50')	7:15 (30')	7:15 (50')	7:15 (30')		
7:50 (50')	8:15 (30')	7:55 (30')	8:15 (50')	7:55 (30')		
9:10 (30')	8:55 (30')	8:35 (45')	9:15 (50')	8:35 (50')	9:15 (45')	9:15 (30')
9:55 (30')	9:35 (45')	9:35 (50')	10:15 (30')	9:35 (50')	10:15 (30')	9:55 (30')
10:35 (30')	10:35 (30')	10:35 (50')	10:55 (30')	10:35 (30')	10:55 (30')	10:50 (45')
11:10 (50')	11:15 (50')	11:35 (30')	11:35 (30')	11:15 (30')	11:35 (30')	11:40 (30')
13:00 (30')	12:15 (30')	12:15 (30')	12:15 (30')	11:55 (50')	12:15 (30')	12:20 (45')
13:15 (30')	12:55 (30')	12:55 (45')	12:55 (30')	13:00 (30')	12:55 (30')	13:20 (50')
13:55 (50')	13:35 (50')	13:35 (50')	13:35 (50')	13:40 (30')	13:35 (50')	14:20 (30')
14:55 (30')	14:35 (50')	14:35 (45')	14:35 (30')	14:20 (30')	14:35 (50')	15:00 (30')
15:35 (30')	15:35 (30')	15:35 (30')	15:15 (30')	15:00 (50')	15:35 (30')	15:40 (50')
16:15 (50')	16:15 (30')	16:15 (30')	15:55 (50')	16:00 (45')	16:15 (30')	16:40 (30')
17:00 (45')	16:55 (30')	16:55 (30')	17:05 (30')	17:00 (50')	16:55 (50')	17:20 (50')
17:45 (50')	17:35 (30')	17:35 (50')	18:00 (45')	18:00 (30')	17:55 (30')	18:20 (30')
18:45 (45')	18:15 (50')	18:45 (45')	18:55 (45')	18:40 (30')		
19:45 (30')	19:30 (45')	19:40 (30')	19:35 (50')	19:20 (50')		
20:25 (30')	20:30 (30')	20:20 (30')	20:35 (30')	20:20 (30')		
21:05 (30')	21:10 (30')	21:00 (50')				

- Cours Vidéo RPM™
- Cours Vidéo SPRINT™
- Cours Vidéo THE TRIP™
- Cours Live avec Coach