

LES MILLS RPM sprint



OUVERT 7J/7

LA PLAINE

LUNDI AU JEUDI : 7h00 / 22h00

VENREDI : 7h00 / 20h00

SAMEDI
09h00 / 19h00

DIMANCHE
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')	11:45 (30')
12:15 (30')	12:15 (30')	12:15 (30')	12:15 (30')	11:55 (50')	12:15 (30')	12:20 (45')
13:00 (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')	13:50 (30')	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')
16:20 (30')	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')	19:50 (50')	19:20 (50')		
20:25 (30')	20:30 (30')	20:20 (30')	20:50 (30')	20:20 (30')		
21:05 (30')	21:10 (30')	21:00 (30')		21:00 (30')		

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