

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
8H45	SCULPT (30)	RENFO / CARDIO (45)			
9H00				<b>LES MILLS BODYPUMP</b> (45)	
9H15	PILATES (45)		TFAC (45)		TFAC (45)
9H30	TFAC (45)	BIKE (45)			
9H45				LIA (45)	
10H15	STRETCH (45)		STRETCH (45)		Stretch (45)
10H30		STRETCH (45)		<b>LES MILLS BODYBALANCE</b> (45)	
11H00	GYM DOUCE (45)				GYM DOUCE (45)
12H30	<b>LES MILLS BODYCOMBAT</b> (45) PILATES(45)	<b>LES MILLS RPM</b> TFAC (45)	<b>LES MILLS BODYPUMP</b> 45mn	<b>LES MILLS RPM</b> 45 STRETCH (45)	<b>LES MILLS CXWORX</b> 30
14H30	<b>LES MILLS BODYPUMP</b> 60mn				SCULPT/TFAC (60)
17H30	TFAC (30)	<b>LES MILLS RPM</b> 45mn	<b>LES MILLS BODYATTACK</b> 30mn	TFAC (30)	
17H45	LIA (45)				CARDIO (30)
18H00	<b>LES MILLS CXWORX</b>	TFAC (45)	<b>LES MILLS BODYPUMP</b> (60) PILATES (30)	<b>LES MILLS CXWORX</b> <b>LES MILLS RPM</b> 45	<b>LES MILLS SH'BAM</b> 45
18H15	<b>LES MILLS RPM</b> 45				ABDOS /DOS (30)
18H30	<b>LES MILLS BODYATTACK</b> 60 <b>LES MILLS BODYBALANCE</b>		STRETCH (30)	<b>LES MILLS BODYBALANCE</b> 60	
18H45		<b>LES MILLS RPM</b> Stretch Postural		<b>LES MILLS BODYATTACK</b> 45	<b>LES MILLS BODYPUMP</b> 45 45 STRETCH(30)
19H00		<b>LES MILLS CXWORX</b> 30STEP 40mn	<b>LES MILLS BODYCOMBAT</b> 45		
19H15	<b>LES MILLS RPM</b> 45		<b>LES MILLS RPM</b> 45	<b>LES MILLS RPM</b> 45	
19H30	<b>LES MILLS BODYPUMP</b> 45 STRETCH (30)	<b>LES MILLS SH'BAM</b> 45 YOGA (45)		ABDO/STRETCH (30)	
19h45			ZUMBA (60)		

(Temps en minutes)

	SAMEDI	DIMANCHE
9h30	<b>LES MILLS</b> <b>RPM</b> 45	
10h30	<b>LES MILLS</b> <b>BODYPUMP</b> 60	
11h00		TFAC (30)
11h30	<b>LES MILLS</b> <b>BODYBALANCE</b> 45    ZUMBA 60	STRETCH (30)

**LES MILLS**  
**SH'BAM**

**LES MILLS**  
**BODYBALANCE**

**LES MILLS**  
**RPM**

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**BODYCOMBAT**

**LES MILLS**  
**BODYATTACK**

**LES MILLS**  
**CXWORX**