







**Nos cours collectifs**

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
<b>Studio 1</b>						
9:30-10:30 Seniors			9:30-10:30 Seniors		9:00-10:00 <b>LES MILLS BODYSTEP</b>	
					10:00-11:00 <b>LES MILLS BODYPUMP</b>	10:00-11:00 
		15:30-16:30 <b>Circuit Training Kids</b>			11:15-12:15 <b>LES MILLS BODYBALANCE</b>	11:00-12:00 Yoga 
17:30-18:00 <b>LES MILLS BODYSTEP</b>	17:30-18:00 Cardio 	17:30-18:00 HIIT	17:30-18:00 Abdos 	17:15-18:00 <b>Kickboxing kids 5-6 ans</b>	12:30-13:30 <b>LES MILLS Shapes</b>	
18:00-19:00 <b>LES MILLS BODYATTACK</b>	18:00-19:00 Révo Fight	18:00-19:00 <b>LES MILLS BODYPUMP</b>	18:00-19:00 <b>LES MILLS Shapes</b>	18:00-19:00 <b>Kickboxing kids 7-11 ans</b>		
19:00-20:00 <b>LES MILLS BODYPUMP</b>	19:00-20:00 	19:00-20:00 <b>LES MILLS BODYATTACK</b>	19:00-20:00 CAF	19:00-20:00 <b>Kick Boxing</b>		
20:00-21:00 <b>LES MILLS BODYBALANCE</b>	20:00-21:00 CAF	20:00-21:00 <b>LES MILLS PILATES</b>	20:00-21:00 Yoga 			
<b>Studio 2</b>						
	19:30-20:30 <b>LES MILLS RPM</b>		20:00-21:00 <b>LES MILLS RPM</b>			
<b>Zone 3</b>						
					10:00-11:00 <b>kids 5-11 ans</b>	10:00-11:00 <b>Circuit Training</b> 11:15-12:15 <b>Circuit Training</b>
				17:30-18H <b>Circuit Training</b>		
18:00-19:00 <b>Hyro Fit</b>			19:00-20:00 <b>Hyro Fit</b>			
19:00-20:00 <b>Kick Boxing</b>	19:00-20:00 <b>Hyro Fit</b>					