



PLANNING FITNESS

2025-2026

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

SUR RDV

À PARTIR DU 1ER OCTOBRE

10h30
11h15
12h00
12h15
13h00

Salle Mezzanine

Pilates

Salle Mezzanine

**Body
Sculpt**

Salle cross

H Y R O X
WORLD . SERIES . OF . FITNESS . RACING

10h15
11h15
12h00
12h15
13h00

Salle Mezzanine

Yoga

Salle Mezzanine

**Cuisses
Abdos
Fessiers**

Salle Mezzanine

**LES MILLS
BODYPUMP**

10h30
11h15
12h00
12h15
13h00

Salle Mezzanine

**LES MILLS
BODYBALANCE**

Salle Mezzanine

**Swiss
Ball**

Salle Cross

**Cross
Training
Discovery**

10h30
11h15
12h00
12h15
13h00

Salle Mezzanine

**Body
Sculpt**

Salle Mezzanine

Stretching

Salle Cross

**Cross
Training
Intensity**

10h30
11h15
12h00
12h15
13h00

Salle Mezzanine

Pilates

Salle Mezzanine

**Cuisses
Abdos
Fessiers**

Salle RPM

**LES MILLS
RPM**

10h00
11h00
10h45
11h00
12h00

Salle Co n°1

**Yoga
Niv.1**

Salle Mezzanine

**LES MILLS
BODYPUMP**

Salle Co n°1

**Yoga
Niv.2**

Salle RPM

**LES MILLS
RPM**

Salle Cross

**Cross
Training
Discovery**

18h30
19h15
18h30
19h15
19h30
20h15
19h30
20h15

Salle Mezzanine

**LES MILLS
BODYPUMP**

Salle Cross

**Cross
Training
Discovery**

Salle RPM

**LES MILLS
RPM**

Salle Cross

H Y R O X
WORLD . SERIES . OF . FITNESS . RACING

18h30
19h15
18h30
19h15
19h30
20h15
19h30
20h15

Salle Mezzanine

**LES MILLS
BODYATTACK**

Salle Co n°1

Pilates

Salle Cross

**Cross
Training
Intensity**

Salle Mezzanine

**Cuisses
Abdos
Fessiers**

18h00
19h00
18h30
19h15
18h30
19h15
19h30
20h15
19h30
20h15

Salle Co n°1

Yoga

Salle Cross

**Cross
Training
Discovery**

Salle Mezzanine

Step

Salle Mezzanine

**LES MILLS
BODYPUMP**

Salle RPM

**LES MILLS
RPM**

18h30
19h15
18h30
19h15
19h30
20h15
19h30
20h15

Salle Cross

**Cross
Training
Intensity**

Salle Mezzanine

**LES MILLS
BODYBALANCE**

Salle Cross

H Y R O X
WORLD . SERIES . OF . FITNESS . RACING

Salle Mezzanine

**Cuisses
Abdos
Fessiers**

18h30
19h15
18h30
19h15
19h30
20h15
19h30
20h15

Salle Mezzanine

Zumba

Salle RPM

**LES MILLS
RPM**

Salle Cross

**Cross
Training
Intensity**

Légende intensité :

