

# LUNDI

# MARDI

# MERCREDI

# JEUDI

# VENREDI

# SAMEDI

# DIMANCHE

| COURS COLLECTIFS |                         | CYCLES |                    | COURS COLLECTIFS |                       | CYCLES |                    | COURS COLLECTIFS |                         | CYCLES |                    | COURS COLLECTIFS |                       | CYCLES |                                      | COURS COLLECTIFS |                       | CYCLES |                    | COURS COLLECTIFS |                    | CYCLES |                      |       |                    |       |                    |       |                    |       |                    |       |                    |       |                    |
|------------------|-------------------------|--------|--------------------|------------------|-----------------------|--------|--------------------|------------------|-------------------------|--------|--------------------|------------------|-----------------------|--------|--------------------------------------|------------------|-----------------------|--------|--------------------|------------------|--------------------|--------|----------------------|-------|--------------------|-------|--------------------|-------|--------------------|-------|--------------------|-------|--------------------|-------|--------------------|
| 6h15             | LES MILLS BODYPUMP      | 6h15   | LES MILLS RPM      | 6h10             | LES MILLS BODYPUMP    | 6h15   | LES MILLS THE TRIP | 6h10             | LES MILLS GRIT FORCE    | 6h15   | LES MILLS sprint   | 6h15             | LES MILLS THE TRIP    | 6h15   | LES MILLS BODYBALANCE                | 6h15             | LES MILLS THE TRIP    | 6h15   | LES MILLS RPM      | 6h15             | LES MILLS THE TRIP | 6h15   | LES MILLS RPM        | 6h15  | LES MILLS THE TRIP |       |                    |       |                    |       |                    |       |                    |       |                    |
| 7h15             | LES MILLS BODYBALANCE   | 7h15   | LES MILLS sprint   | 7h10             | LES MILLS BODYBALANCE | 7h15   | LES MILLS RPM      | 6h45             | LES MILLS BODYPUMP      | 7h     | LES MILLS THE TRIP | 7h15             | LES MILLS RPM         | 7h15   | LES MILLS CXWORX                     | 7h15             | LES MILLS BODYPUMP    | 7h15   | LES MILLS RPM      | 7h15             | LES MILLS THE TRIP | 7h15   | LES MILLS RPM        | 7h15  | LES MILLS THE TRIP | 7h15  | LES MILLS sprint   |       |                    |       |                    |       |                    |       |                    |
| 8h15             | LES MILLS CXWORX        | 7h50   | LES MILLS THE TRIP | 8h10             | LES MILLS CXWORX      | 8h10   | LES MILLS sprint   | 7h45             | LES MILLS BODYPUMP      | 8h     | LES MILLS RPM      | 8h               | LES MILLS sprint      | 8h     | LES MILLS BODYPUMP                   | 7h50             | LES MILLS BODYCOMBAT  | 8h15   | LES MILLS sprint   | 8h15             | LES MILLS THE TRIP | 7h50   | LES MILLS CXWORX     | 8h15  | LES MILLS sprint   | 8h    | LES MILLS THE TRIP | 8h    | LES MILLS THE TRIP |       |                    |       |                    |       |                    |
| 8h50             | LES MILLS CXWORX        | 8h45   | LES MILLS RPM      | 8h45             | LES MILLS BODYPUMP    | 8h45   | LES MILLS THE TRIP | 8h20             | LES MILLS BODYBALANCE   | 9h     | LES MILLS RPM      | 8h50             | LES MILLS THE TRIP    | 9h     | LES MILLS CXWORX                     | 9h15             | LES MILLS GRIT CARDIO | 8h50   | LES MILLS THE TRIP | 8h50             | LES MILLS THE TRIP | 8h30   | LES MILLS GRIT FORCE | 9h    | LES MILLS RPM      | 9h    | LES MILLS THE TRIP | 9h    | LES MILLS THE TRIP | 9h    | LES MILLS THE TRIP |       |                    |       |                    |
| 9h30             | LES MILLS BODYPUMP      | 9h45   | LES MILLS THE TRIP | 9h30             | LES MILLS GRIT FORCE  | 10h    | LES MILLS RPM      | 9h20             | LES MILLS CXWORX        | 10h    | LES MILLS THE TRIP | 10h              | LES MILLS RPM         | 9h40   | LES MILLS BODYBALANCE                | 10h              | LES MILLS THE TRIP    | 10h    | LES MILLS RPM      | 10h              | LES MILLS THE TRIP | 9h15   | LES MILLS GRIT FORCE | 10h   | LES MILLS THE TRIP | 10h   | LES MILLS THE TRIP | 10h   | LES MILLS THE TRIP | 10h   | LES MILLS THE TRIP |       |                    |       |                    |
| 10h30            | LES MILLS BODYBALANCE   | 10h40  | LES MILLS RPM      | 10h              | LES MILLS BODYCOMBAT  | 10h55  | LES MILLS THE TRIP | 10h              | LES MILLS BODYSTEP      | 11h    | LES MILLS THE TRIP | 11h              | LES MILLS THE TRIP    | 11h    | LES MILLS CXWORX                     | 11h              | LES MILLS RPM         | 11h    | LES MILLS THE TRIP | 11h              | LES MILLS THE TRIP | 10h30  | LES MILLS BODYPUMP   | 11h   | LES MILLS THE TRIP | 11h   | LES MILLS THE TRIP | 11h   | LES MILLS THE TRIP | 11h   | LES MILLS THE TRIP |       |                    |       |                    |
| 11h30            | LES MILLS GRIT ATHLETIC | 11h30  | LES MILLS sprint   | 10h58            | LES MILLS CXWORX      | 11h45  | LES MILLS sprint   | 11h              | LES MILLS CXWORX        | 12h15  | LES MILLS THE TRIP | 12h30            | LES MILLS THE TRIP    | 11h35  | LES MILLS BODYBALANCE                | 12h30            | LES MILLS THE TRIP    | 12h30  | LES MILLS THE TRIP | 11h35            | LES MILLS THE TRIP | 11h30  | LES MILLS THE TRIP   | 11h30 | LES MILLS THE TRIP | 11h30 | LES MILLS THE TRIP | 11h30 | LES MILLS THE TRIP | 11h30 | LES MILLS THE TRIP | 11h30 | LES MILLS THE TRIP | 11h30 | LES MILLS THE TRIP |
| 12h30            | LES MILLS BODYATTACK    | 12h30  | LES MILLS RPM      | 11h30            | LES MILLS CXWORX      | 12h30  | LES MILLS RPM      | 11h30            | LES MILLS BODYBALANCE   | 13h    | LES MILLS RPM      | 13h              | LES MILLS RPM         | 12h30  | LES MILLS BODYCOMBAT                 | 13h30            | LES MILLS sprint      | 12h30  | LES MILLS THE TRIP | 13h15            | LES MILLS THE TRIP | 12h10  | LES MILLS THE TRIP   | 12h15 | LES MILLS THE TRIP | 12h05 | LES MILLS THE TRIP | 12h05 | LES MILLS THE TRIP | 12h30 | LES MILLS THE TRIP | 12h30 | LES MILLS THE TRIP | 12h30 | LES MILLS THE TRIP |
| 13h20            | LES MILLS CXWORX        | 14h    | LES MILLS THE TRIP | 12h30            | LES MILLS BODYBALANCE | 13h30  | LES MILLS RPM      | 13h05            | LES MILLS CXWORX        | 14h    | LES MILLS sprint   | 14h              | LES MILLS sprint      | 13h20  | LES MILLS GRIT en zone fonctionnelle | 14h30            | LES MILLS RPM         | 14h    | LES MILLS THE TRIP | 14h05            | LES MILLS RPM      | 13h10  | LES MILLS THE TRIP   | 13h   | LES MILLS THE TRIP | 13h05 | LES MILLS THE TRIP | 13h05 | LES MILLS THE TRIP | 13h30 | LES MILLS THE TRIP | 13h30 | LES MILLS THE TRIP | 13h30 | LES MILLS THE TRIP |
| 14h              | LES MILLS BODYPUMP      | 15h    | LES MILLS RPM      | 13h20            | LES MILLS CXWORX      | 14h30  | LES MILLS sprint   | 14h30            | LES MILLS RPM           | 15h    | LES MILLS THE TRIP | 15h              | LES MILLS THE TRIP    | 14h30  | LES MILLS BODYPUMP                   | 15h15            | LES MILLS sprint      | 14h05  | LES MILLS THE TRIP | 14h              | LES MILLS THE TRIP | 13h    | LES MILLS THE TRIP   | 13h   | LES MILLS THE TRIP | 13h05 | LES MILLS THE TRIP | 14h30 | LES MILLS THE TRIP | 14h30 | LES MILLS THE TRIP | 14h30 | LES MILLS THE TRIP |       |                    |
| 15h              | LES MILLS BODYBALANCE   | 16h    | LES MILLS THE TRIP | 14h              | LES MILLS BODYBALANCE | 15h30  | LES MILLS THE TRIP | 13h45            | LES MILLS CXWORX        | 15h30  | LES MILLS THE TRIP | 16h              | LES MILLS sprint      | 14h    | LES MILLS BODYCOMBAT                 | 16h              | LES MILLS THE TRIP    | 15h15  | LES MILLS RPM      | 15h15            | LES MILLS THE TRIP | 14h    | LES MILLS THE TRIP   | 14h   | LES MILLS THE TRIP | 14h   | LES MILLS THE TRIP | 14h   | LES MILLS THE TRIP | 15h   | LES MILLS THE TRIP | 15h   | LES MILLS THE TRIP |       |                    |
| 15h55            | LES MILLS BODYCOMBAT    | 17h    | LES MILLS sprint   | 15h              | LES MILLS BODYPUMP    | 16h15  | LES MILLS sprint   | 14h20            | LES MILLS BODYCOMBAT    | 16h30  | LES MILLS THE TRIP | 16h30            | LES MILLS THE TRIP    | 15h    | LES MILLS BODYBALANCE                | 16h30            | LES MILLS THE TRIP    | 16h05  | LES MILLS THE TRIP | 15h20            | LES MILLS THE TRIP | 15h20  | LES MILLS THE TRIP   | 15h35 | LES MILLS THE TRIP | 15h35 | LES MILLS THE TRIP | 15h35 | LES MILLS THE TRIP | 16h   | LES MILLS THE TRIP | 16h   | LES MILLS THE TRIP | 16h   | LES MILLS THE TRIP |
| 17h30            | LES MILLS BODYATTACK    | 17h30  | LES MILLS RPM      | 16h              | LES MILLS CXWORX      | 17h    | LES MILLS RPM      | 15h20            | LES MILLS GRIT ATHLETIC | 17h    | LES MILLS RPM      | 17h              | LES MILLS RPM         | 16h    | LES MILLS CXWORX                     | 17h15            | LES MILLS THE TRIP    | 16h20  | LES MILLS THE TRIP | 16h20            | LES MILLS THE TRIP | 16h05  | LES MILLS THE TRIP   | 16h05 | LES MILLS THE TRIP | 16h05 | LES MILLS THE TRIP | 17h   | LES MILLS THE TRIP | 17h   | LES MILLS THE TRIP | 17h   | LES MILLS THE TRIP |       |                    |
| 18h15            | LES MILLS CXWORX        | 18h30  | LES MILLS RPM      | 16h30            | LES MILLS GRIT CARDIO | 18h30  | LES MILLS sprint   | 15h55            | LES MILLS BODYPUMP      | 18h    | LES MILLS THE TRIP | 18h              | LES MILLS THE TRIP    | 16h35  | LES MILLS GRIT ATHLETIC              | 18h30            | LES MILLS RPM         | 17h15  | LES MILLS THE TRIP | 17h10            | LES MILLS THE TRIP | 17h05  | LES MILLS THE TRIP   | 17h05 | LES MILLS THE TRIP | 17h05 | LES MILLS THE TRIP | 18h   | LES MILLS THE TRIP | 18h   | LES MILLS THE TRIP | 18h   | LES MILLS THE TRIP |       |                    |
| 18h45            | LES MILLS BODYPUMP      | 19h30  | LES MILLS THE TRIP | 17h30            | LES MILLS BODYBALANCE | 19h30  | LES MILLS RPM      | 16h45            | LES MILLS BODYBALANCE   | 19h    | LES MILLS THE TRIP | 19h              | LES MILLS THE TRIP    | 17h30  | LES MILLS BODYPUMP                   | 18h30            | LES MILLS RPM         | 19h30  | LES MILLS THE TRIP | 17h45            | LES MILLS THE TRIP | 18h30  | LES MILLS THE TRIP   | 18h05 | LES MILLS THE TRIP | 18h05 | LES MILLS THE TRIP | 18h30 | LES MILLS THE TRIP | 18h30 | LES MILLS THE TRIP | 18h30 | LES MILLS THE TRIP |       |                    |
| 19h30            | LES MILLS BODYCOMBAT    | 20h30  | LES MILLS sprint   | 18h30            | LES MILLS GRIT        | 20h30  | LES MILLS sprint   | 17h30            | LES MILLS BODYSTEP      | 20h    | LES MILLS THE TRIP | 20h              | LES MILLS THE TRIP    | 18h30  | LES MILLS BODYSTEP                   | 19h30            | LES MILLS THE TRIP    | 18h20  | LES MILLS THE TRIP | 19h30            | LES MILLS THE TRIP | 18h05  | LES MILLS THE TRIP   | 18h05 | LES MILLS THE TRIP | 18h30 | LES MILLS THE TRIP | 18h30 | LES MILLS THE TRIP | 18h30 | LES MILLS THE TRIP |       |                    |       |                    |
| 20h35            | LES MILLS BODYBALANCE   | 21h    | LES MILLS RPM      | 19h              | LES MILLS CXWORX      | 21h    | LES MILLS THE TRIP | 18h15            | LES MILLS CXWORX        | 20h30  | LES MILLS THE TRIP | 20h30            | LES MILLS THE TRIP    | 19h30  | LES MILLS BODYBALANCE                | 20h30            | LES MILLS THE TRIP    | 19h25  | LES MILLS THE TRIP | 20h30            | LES MILLS THE TRIP | 19h10  | LES MILLS THE TRIP   | 19h10 | LES MILLS THE TRIP | 19h30 | LES MILLS THE TRIP | 19h30 | LES MILLS THE TRIP | 19h30 | LES MILLS THE TRIP | 19h30 | LES MILLS THE TRIP |       |                    |
| 21h35            | LES MILLS CXWORX        | 22h    | LES MILLS THE TRIP | 19h30            | LES MILLS BODYPUMP    | 22h    | LES MILLS RPM      | 18h45            | LES MILLS BODYCOMBAT    | 21h30  | LES MILLS THE TRIP | 21h30            | LES MILLS THE TRIP    | 20h35  | LES MILLS GRIT FORCE                 | 21h30            | LES MILLS THE TRIP    | 20h20  | LES MILLS THE TRIP | 21h30            | LES MILLS THE TRIP | 20h15  | LES MILLS THE TRIP   | 20h15 | LES MILLS THE TRIP | 20h30 | LES MILLS THE TRIP | 20h30 | LES MILLS THE TRIP | 20h30 | LES MILLS THE TRIP | 20h30 | LES MILLS THE TRIP |       |                    |
|                  |                         |        |                    | 20h35            | LES MILLS BODYCOMBAT  |        |                    | 19h30            | LES MILLS GRIT          | 21h05  | LES MILLS THE TRIP | 21h10            | LES MILLS CXWORX      | 21h45  | LES MILLS THE TRIP                   | 21h20            | LES MILLS THE TRIP    | 21h30  | LES MILLS THE TRIP | 20h15            | LES MILLS THE TRIP | 20h15  | LES MILLS THE TRIP   | 21h30 | LES MILLS THE TRIP | 21h30 | LES MILLS THE TRIP | 21h30 | LES MILLS THE TRIP | 21h30 | LES MILLS THE TRIP | 21h30 | LES MILLS THE TRIP |       |                    |
|                  |                         |        |                    | 21h30            | LES MILLS CXWORX      |        |                    | 20h05            | LES MILLS GRIT          |        |                    | 21h45            | LES MILLS THE TRIP    | 21h45  | LES MILLS THE TRIP                   | 22h20            | LES MILLS THE TRIP    | 22h    | LES MILLS THE TRIP | 22h15            | LES MILLS THE TRIP | 22h15  | LES MILLS THE TRIP   | 22h15 | LES MILLS THE TRIP | 22h15 | LES MILLS THE TRIP | 22h15 | LES MILLS THE TRIP | 22h15 | LES MILLS THE TRIP |       |                    |       |                    |
|                  |                         |        |                    | 22h              | LES MILLS BODYPUMP    |        |                    | 21h05            | LES MILLS BODYBALANCE   |        |                    | 21h45            | LES MILLS BODYBALANCE |        |                                      | 22h20            | LES MILLS CXWORX      |        |                    | 22h15            | LES MILLS THE TRIP | 22h15  | LES MILLS THE TRIP   | 22h15 | LES MILLS THE TRIP | 22h15 | LES MILLS THE TRIP | 22h15 | LES MILLS THE TRIP |       |                    |       |                    |       |                    |