



Planning des cours collectifs

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9H30		RPM	BODY PUMP	BODY BALANCE	
12H30	BODY PUMP		RPM		BODY PUMP
18H00	BODY PUMP	RPM	BODY BALANCE	RPM	BODY PUMP
19H00	RPM	BODY BALANCE	BODY PUMP	BODY PUMP	

LesMILLS

RÉSERVATION POUR TOUS LES COURS
SUR L'APPLICATION HEITZFIT 3.0



Planning des cours virtuels - STUDIO FITNESS

9H30
10H30
11H30
12H30
14H00
15H00
16H00
17H00
18H00
19H00

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

CXWORX

BODY
COMBAT

CXWORX

BODY
BALANCE

BODY
PUMP

GRIT

CXWORX

BODY
BALANCE

BODY
PUMP

CXWORX

GRIT

CXWORX

GRIT

CXWORX

GRIT

BODY
COMBAT

GRIT

BODY
BALANCE

BODY
PUMP

BODY
COMBAT

BODY
PUMP

BODY
BALANCE

BODY
COMBAT

BODY
PUMP

BODY
BALANCE

GRIT

CXWORX

GRIT

CXWORX

GRIT

BODY
COMBAT

BODY
PUMP

BODY
COMBAT

BODY
PUMP

BODY
BALANCE

BODY
COMBAT

CXWORX

BODY
BALANCE

GRIT

BODY
COMBAT

GRIT

CXWORX

BODY
BALANCE

CXWORX

BODY
PUMP

BODY
BALANCE

BODY
COMBAT

- 30 MINUTES •
CXWORX GRIT
- 45 À 55 MINUTES •
PUMP BALANCE COMBAT



Planning des cours virtuels - STUDIO BIKE

9H30
10H30
11H30
12H30
14H00
15H00
16H00
17H00
18H00
19H00

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

RPM

SPRINT

RPM

RPM

RPM

RPM

RPM

RPM

RPM

RPM

SPRINT

SPRINT

SPRINT

SPRINT

SPRINT

SPRINT

RPM

SPRINT

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SPRINT

RPM

SPRINT

RPM

RPM

RPM

SPRINT

SPRINT

SPRINT • 30 MINUTES

RPM • 45 MINUTES

LES MILLS