

PLANNING SAISON 2025-2026

LES MILLS

LUNDI

9H15 BODYPUMP 
10h15 STRECHING 

12h30 BODYBALANCE 

17H30 PILATES 
18h00 BODYPUMP 
19h RPM 
19h CONDITIONING 

MARDI

9h15 CAF 
09H45 YOGA HATA  

12h30 BODYATTACK 

17H45 CAF 
18h15 BODYBALANCE 
19h GRIT 
19H45 YOGA VINYASA  

MERCREDI

09h00 COURS SÉNIORS 
10H30 BORN TO MOVE 

 

16H00 BORN TO MOVE 
18h00 AÉRO 
19h00 STEP 
18H30 CROSS  
19h15 RPM 
20h00 STRECHING 

LA DIRECTION SE
RÉSERVE LE DROIT DE
MODIFIER LE
PLANNING LE CAS
ÉCHÉANT.

JEUDI

9h15 SWISSBALL 
09H45 YOGA VINYASA  

12h30 RPM 

18h15 SH'BAM 
19h15 BODYCOMBAT 
19h30 YOGA YIN  

VENDREDI

9h15 RPM 
9H15 PILATES 
10H00 COACHING SENIORS 

12h30 BODYPUMP 

17h30 HALTÉROPHILIE 
18h30 CROSS TRAINING 

SAMEDI

10h30 BODYPUMP 
11h15 RPM 

 

DIMANCHE

10h30 BODYBALANCE 

6h-22h
7/7

 : étirements, posture
 : renforcement musculaire
 : cardio

 E-SENS Sport
Sport Santé Famille