

STUDIO AQUA



lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

7

8

9

9h15 PLANET AQUA
AQUADYNAMIC

9h15 **AQUACYCLING**

9h15 **AQUACYCLING**

9h15 **AQUACYCLING**

9h15 PLANET AQUA
AQUADYNAMIC

10

10h15 **AQUACYCLING**

10h15 ACCROSPORT
AQUATRaining

10h15 ACCROSPORT
AQUATRaining

10h15 PLANET AQUA
AQUADYNAMIC

10h15 ACCROSPORT
AQUATRaining

10h PLANET AQUA
AQUADYNAMIC

11

11h **AQUACYCLING**

12

12h15 PLANET AQUA
AQUADYNAMIC

12h15 **AQUACYCLING**

12h15 ACCROSPORT
AQUATRaining

12h15 **AQUACYCLING**

13

14

15

16

17

17h45 ACCROSPORT
AQUATRaining

17h45 ACCROSPORT
AQUATRaining

17h45 PLANET AQUA
AQUADYNAMIC

17h45 **AQUACYCLING**

17h45 PLANET AQUA
AQUADYNAMIC

18

18h35 **AQUACYCLING**

18h35 PLANET AQUA
AQUADYNAMIC

18h35 PLANET AQUA
AQUADYNAMIC

19

20

STUDIO CROSS TRAINING



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10h15 WOD

10h15 WOD

11h WOD

12h15 WOD

12h15 WOD

12h15 WOD

12h15 WOD

12h15 WOD

17h45 WOD

17h45 WOD

17h45 WOD

17h45 WOD

17h45 WOD

18h45 WOD

18h45 WOD

18h45 WOD

18h45 WOD

18h45 WOD

STUDIO CYCLING



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7h30 **LES MILLS**
RPM

9h15 **LES MILLS**
RPM

10h15 **LES MILLS**
RPM

10h15 **LES MILLS**
RPM

10h **LES MILLS**
RPM

11h **LES MILLS**
SPRINT

11h30 **LES MILLS**
RPM

12h15 **LES MILLS**
RPM

12h15 **LES MILLS**
RPM

17h45 **LES MILLS**
RPM

18h **LES MILLS**
SPRINT

17h45 **LES MILLS**
SPRINT

17h45 **LES MILLS**
RPM

17h45 **LES MILLS**
RPM

18h30 **LES MILLS**
RPM

18h35 **LES MILLS**
RPM

STUDIO FITNESS



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9h30 ^{LES MILLS} **CORE**

9h30 ^{LES MILLS} **CORE**

9h30 ^{LES MILLS} **CORE**

9h15 ^{LES MILLS} **BODYBALANCE**

9h15 ^{LES MILLS} **BODYPUMP**

10h15 ^{LES MILLS} **BODYBALANCE**

10h15 ^{LES MILLS} **BODYPUMP**

10h ^{LES MILLS} **BODYBALANCE**

10h15 ^{LES MILLS} **BODYPUMP**

12h20 ^{LES MILLS} **BODYATTACK**

12h20 ^{LES MILLS} **BODYBALANCE**

12h20 ^{LES MILLS} **BODYPUMP**

17h45 ^{LES MILLS} **BODYCOMBAT**

17h45 ^{LES MILLS} **BODYATTACK**

17h45 ^{LES MILLS} **BODYPUMP**

17h45 ^{LES MILLS} **BODYBALANCE**

18h30 ^{LES MILLS} **BODYPUMP**

18h30 ^{LES MILLS} **BODYBALANCE**

18h30 ^{LES MILLS} **BODYJAM**

18h30 ^{LES MILLS} **BODYCOMBAT**

18h30 ^{LES MILLS} **BODYATTACK**

19h30 ^{LES MILLS} **BODYATTACK**

19h30 ^{LES MILLS} **BODYPUMP**

STUDIO FONCTIONNEL



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10h15 **TRX TRAINING**
TRX

10h15 **ST45**
STATION 45

9h15 **TRX TRAINING**
TRX

10h15 **ST45**
STATION 45

10h **ST45**
STATION 45

12h15 **TRX TRAINING**
TRX

12h15 **ST45**
STATION 45

12h15 **ST45**
STATION 45

17h45 **TRX TRAINING**
TRX

18h30 **ST45**
STATION 45

18h30 **LESMILLS**
GRIT STRENGTH

18h30 **ST45**
STATION 45

17h45 **TRX TRAINING**
TRX

18h30 **ST45**
STATION 45

18h30 **ST45**
STATION 45

19h00 **TRX TRAINING**
TRX

19h30 **LESMILLS**
GRIT

PLANNING



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jeudi

vendr.

samedi

dim.

PLANET AQUA 9h15
AQUADYNAMIC
9h15 **LES MILLS RPM**
TRX TRAINING
TRX 10h15
10h15 **AQUACYCLING**
10h15 **LES MILLS BODYBALANCE**

WOD 12h15
12h15 **LES MILLS BODYATTACK**
PLANET AQUA 12h15
AQUADYNAMIC

WOD 17h45
17h45 **LES MILLS BODYCOMBAT**
ACCROSPOORT 17h45
AQUATRaining
17h45 **LES MILLS RPM**
TRX TRAINING
TRX 17h45
LES MILLS BODYPUMP 18h30
18h30 **ST45 STATION 45**
18h35 **AQUACYCLING**
WOD 18h45
19h30 **LES MILLS BODYATTACK**

7h30 **LES MILLS RPM**
9h15 **AQUACYCLING**
9h30 **LES MILLS CORE**
LES MILLS BODYPUMP 10h15
WOD 10h15
ACCROSPOORT 10h15
AQUATRaining
10h15 **ST45 STATION 45**

WOD 12h15
TRX TRAINING
TRX 12h15
WATER FORM 12h15
AQUACYCLING
12h15 **LES MILLS RPM**

WOD 17h45
ACCROSPOORT 17h45
AQUATRaining
17h45 **LES MILLS BODYATTACK**
18h **LES MILLS SPRINT**
18h30 **LES MILLS GRIT STRENGTH**
18h30 **LES MILLS BODYBALANCE**
PLANET AQUA 18h35
AQUADYNAMIC
18h30 **LES MILLS RPM**
WOD 18h45
TRX TRAINING
TRX 19h15
19h30 **LES MILLS BODYPUMP**

9h15
AQUACYCLING
9h30 **LES MILLS CORE**
ACCROSPOORT 10h15
AQUATRaining
10h15 **LES MILLS RPM**

WOD 12h15
12h15 **LES MILLS BODYBALANCE**
12h15 **ST45 STATION 45**

WOD 17h45
17h45 **LES MILLS SPRINT**
17h45 **LES MILLS BODYPUMP**
LES MILLS BODYJAM 18h30
18h30 **ST45 STATION 45**
18h30 **LES MILLS RPM**
WOD 18h45

TRX TRAINING
TRX 9h15
9h15 WATER FORM
AQUACYCLING
9h15 **LES MILLS BODYBALANCE**
10h15 **ST45 STATION 45**
WOD 10h15

ACCROSPOORT 12h15
AQUATRaining
WOD 12h15
12h15 **LES MILLS BODYPUMP**

WOD 17h45
TRX TRAINING
TRX 17h45
WATER FORM 17h45
AQUACYCLING
17h45 **LES MILLS BODYBALANCE**
17h45 **LES MILLS RPM**
PLANET AQUA 18h35
AQUADYNAMIC
18h30 **LES MILLS BODYCOMBAT**
WOD 18h45
LES MILLS GRIT 19h30

LES MILLS BODYPUMP 9h15
9h15 PLANET AQUA
AQUADYNAMIC
10h15 **LES MILLS RPM**
10h15 **AQUACYCLING**

12h15
AQUACYCLING
WOD 12h15
12h15 **LES MILLS RPM**
12h15 **ST45 STATION 45**

WOD 17h45
PLANET AQUA 17h45
AQUADYNAMIC
17h45 **LES MILLS RPM**
18h30 **LES MILLS BODYATTACK**
18h30 **ST45 STATION 45**
WOD 18h45

9h30 **LES MILLS CORE**
10h **LES MILLS BODYBALANCE**
10h **ST45 STATION 45**

PLANET AQUA 10h
AQUADYNAMIC
10h **LES MILLS RPM**
WOD 11h
11h **LES MILLS SPRINT**
11h
AQUACYCLING

LES MILLS BODYPUMP 10h15
11h30 **LES MILLS RPM**