

**LUNDI****MARDI****MERCREDI****JEUDI****VENDREDI****SAMEDI****LES MILLS**  
**BODYBALANCE**

Da. 9.30/10.30

**AxisWellness**  
**PILATES**

De. 9.30/10.30

**AxisWellness**  
**SWISSBALL**

De. 9.30/10.30

**LES MILLS**  
**BODYBALANCE**

Da. 9.30/10.30

**LES MILLS**  
**tone**

Se. 9.30/10.15

**LES MILLS**  
**CXWORX**

Va. 9.30/10.00

**LES MILLS**  
**BODYATTACK**

Va. 10.10/11.10

**LES MILLS**  
**BODYPUMP**

V. 12.15/13.00

**LES MILLS**  
**BODYPUMP**

Va. 12.15/13.00

**LES MILLS**  
**BODYATTACK**

Va. 12.15/13.00

**LES MILLS**  
**BODYSTEP**

Se. 12.00/12.45

**AxisWellness**  
**PILATES**

Ma. 12.15/13.00

**AxisWellness**  
**PILATES**

Va. 11.15/12.15

**LES MILLS**  
**CXWORX**

V. 13.10/13.40

**LES MILLS**  
**CXWORX**

Da. 13.00/13.30

**LES MILLS**  
**BODYBALANCE**

Va. 12.45/13.30

**DIMANCHE****LES MILLS**  
**BODYPUMP**

V. 09.50/10.50

**LES MILLS**  
**tone**

Se. 11.05 / 11.55

**LES MILLS**  
**BODYSTEP**

Se. 18.00/18.45

**LES MILLS**  
**BODYBALANCE**

Va. 18.10/18.55

**LES MILLS**  
**barre**

18.55/19.25

**LES MILLS**  
**BODYPUMP**

Cl. 18.00/19.00

**AxisWellness**  
**ZUMBA**

Ha. 18.00-18.55

**LES MILLS**  
**BODYPUMP**

V. 18.00/19.00

**LES MILLS**  
**CXWORX**

V. 19.15/19.45

**LES MILLS**  
**BODYPUMP**

Se. 19.00/20.00

**LES MILLS**  
**BODYCOMBAT**

Mo. 19.30/20.30

**LES MILLS**  
**BODYATTACK**

Cl. 19.10/20.10

**LES MILLS**  
**BODYBALANCE**

Va. 19.00/20.00

*La meilleure version de vous-même*

**LUNDI**

**MARDI**

**MERCREDI**

**JEUDI**

**VENDREDI**

**SAMEDI**

**LES MILLS  
RPM**

**Va. 7.30/08.15**

**AxisWellness  
CYCLING**

**Ne. 10.15/11.15**

**LES MILLS  
RPM**

**Cl. 10.30/11.15**

**LES MILLS  
RPM VIRTUAL**

**Ax. 16.30/17.15**

**LES MILLS  
sprint**

**Da. 12.40/13.10**

**LES MILLS  
RPM**

**Da. 12.30/13.15**

**LES MILLS  
RPM VIRTUAL**

**Ax. 12.15/13.00**

**LES MILLS  
sprint**

**Ax. 12.15/12.45**

**LES MILLS  
RPM**

**Da. 12.30/13.15**

**DIMANCHE**

**LES MILLS  
RPM**

**Ju. 10.15/11.00**

**AxisWellness  
CYCLING**

**Ni. 11.15/12.15**

**AxisWellness  
CYCLING**

**Ni. 19.00/20.00**

**LES MILLS  
RPM**

**Mv. 19.15/20.00**

**AxisWellness  
CYCLING**

**Ni. 18.30/19.30**

**LES MILLS  
RPM**

**Va. 18.10-18.55**

**LES MILLS  
RPM VIRTUAL**

**Ax. 20.00/20.45**

**LES MILLS  
RPM VIRTUAL**

**AX. 19.00/19.45**

**LES MILLS  
sprint**

**Ax. 20.30/21.00**

**LES MILLS  
RPM VIRTUAL**

**Ax. 20.15/21.00**



*La meilleure version de vous-même*

**LUNDI**

**MARDI**

**MERCREDI**

**JEUDI**

**VENDREDI**

**DIMANCHE**

**AxisWellness  
CIRCUIT TR.**

**Va. 07.30/08.00**

**AxisWellness  
ABDOS**

**De. 9.30/10.00**

**AxisWellness  
STRETCH**

**De. 10.00/10.30**

**AxisWellness  
CIRCUIT TR.**

**Cl. 07.30/08.00**

**AxisWellness  
STRETCH**

**De. 13.05/13.35**

**LES MILLS  
GRIT ATHLETIC**

**Ma. 18.55/19.25**



**V. 19.45/20.15**

**AxisWellness  
STRETCH**

**V. 08.30/09.00**

**AxisWellness  
ABDOS**

**De. 10.30/11.00**



**Da. 12.30/13.00**

**Axis Wellness  
HYPOPRESSION**

**De. 10.30/11.00**



**Va. 17.30/18.00**



**V. 19.00/19.30**

**AxisWellness  
CIRCUIT TR.**

**Cl. 07.30/08.00**

**AxisWellness  
YOGA**

**St. 11.00/12.00**



*La meilleure version de vous-même*

**LUNDI**

**MARDI**

**MERCREDI**

**JEUDI**

**DIMANCHE**

**HBX MOVE**  
Da. 12.00/12.30

**HBX MOVE**  
Da. 12.00/12.30

**HBX BOXING**  
Mo. 12.00/12.45

**HBX FUSION**  
Va. 17.15/18.00

**HBX MOVE**  
Ma. 18.15/18.45

**HBX BOXING**  
Mo. 18.15/19.00

**HBX MOVE**  
V. 19.40/20.00

**HBX MOVE**  
V. 19.15/19.45



*La meilleure version de vous-même*