

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7 ^h 00	LESMILLS RPM	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint
8 ^h 00	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS THE TRIP	LESMILLS RPM
9 ^h 00	LESMILLS sprint	LESMILLS THE TRIP		LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS THE TRIP
10 ^h 00	LESMILLS RPM	LESMILLS sprint		LESMILLS sprint	LESMILLS THE TRIP		LESMILLS sprint
11 ^h 00	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint		LESMILLS RPM
12 ^h 20	LESMILLS sprint	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS THE TRIP
14 ^h 00	LESMILLS RPM	LESMILLS sprint	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS THE TRIP	LESMILLS sprint	LESMILLS RPM
15 ^h 00	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS THE TRIP	LESMILLS sprint	LESMILLS RPM	LESMILLS THE TRIP
16 ^h 00	LESMILLS sprint	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS THE TRIP	LESMILLS sprint
17 ^h 00	LESMILLS RPM	LESMILLS sprint	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS sprint	LESMILLS RPM
18 ^h 00	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS THE TRIP		LESMILLS RPM	LESMILLS sprint
19 ^h 00				LESMILLS RPM	LESMILLS THE TRIP	LESMILLS RPM	LESMILLS THE TRIP
20 ^h 00		LESMILLS sprint		LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM
21 ^h 00	LESMILLS RPM	LESMILLS RPM	LESMILLS RPM	LESMILLS THE TRIP	LESMILLS sprint	LESMILLS THE TRIP	LESMILLS sprint



Cours en vidéo sur écran géant au club.