

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7 ^h 00	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS sprint	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 RPM	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS RPM	LesMILLS THE TRIP
10 ^h 00	LesMILLS RPM	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM
11 ^h 00	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint		LesMILLS sprint
12 ^h 20		LesMILLS THE TRIP	LesMILLS RPM	LesMILLS sprint	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 RPM	LesMILLS RPM	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS THE TRIP
19 ^h 00				LesMILLS RPM		LesMILLS THE TRIP	LesMILLS sprint
20 ^h 00	LesMILLS RPM				LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP
21 ^h 00	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS RPM



Cours en vidéo sur écran géant au club.