

PLANNING

Planning du 09 au 22 février 2026

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2
8h25 CXWORX 30' LESMILLS	SPRINT 30' LESMILLS	CXWORX 30' LESMILLS	RPM 30' LESMILLS	BODYBALANCE 30' LESMILLS	RPM 30' LESMILLS	CXWORX 30' LESMILLS	SPRINT 30' LESMILLS	CXWORX 30' LESMILLS	SPRINT 30' LESMILLS	CXWORX 30' LESMILLS	SPRINT 30' LESMILLS	CXWORX 30' LESMILLS	RPM 45' LESMILLS
9h00 GYM SCULPT 55'	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS	GYM SCULPT 55'	RPM 45' LESMILLS	PILATES 55'	RPM 45' LESMILLS	STEP 55'	RPM 45' LESMILLS	GYM SCULPT 45'	RPM 45' LESMILLS	BODYPUMP 45' LESMILLS	RPM 45' LESMILLS
10h00 YOGA 45'	RPM 45' LESMILLS	GYM DOUCE 45'	RPM 45' LESMILLS	STRETCHING 45'		GYM DOUCE 45'	RPM 45' LESMILLS	STRETCHING 45'	RPM 45' LESMILLS	GYM SCULPT 45'	RPM 45' LESMILLS	YOGA 55'	RPM 45' LESMILLS
10h45 CXWORX 30' LESMILLS		BODYBALANCE 45' LESMILLS		CXWORX 30' LESMILLS	SPRINT 30' LESMILLS	BODYBALANCE 45' LESMILLS		CXWORX 30' LESMILLS				BODYCOMBAT 55' LESMILLS	SPRINT 30' LESMILLS
11h00 BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS		RPM 45' LESMILLS				RPM 45' LESMILLS			STRETCHING 45'	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS
12h20 BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	CROSS SÉRIES 45'	RPM 45' LESMILLS	CXWORX 30' LESMILLS	RPM 45' LESMILLS	YOGA 55'	SPRINT 30' LESMILLS	PILATES 55'	CIRCUIT MACHINE 55'	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	CXWORX 30' LESMILLS	RPM 45' LESMILLS
14h00 BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	CXWORX 30' LESMILLS	SPRINT 30' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS
15h00 CXWORX 30' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	SPRINT 30' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS
16h00 BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	CXWORX 30' LESMILLS	RPM 45' LESMILLS	YOGA 45'	RPM 45' LESMILLS	CXWORX 30' LESMILLS	SPRINT 30' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	CXWORX 30' LESMILLS	RPM 45' LESMILLS	CXWORX 30' LESMILLS	RPM 45' LESMILLS
17h00 BODYCOMBAT 30' LESMILLS	SPRINT 30' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	CXWORX 30' LESMILLS	SPRINT 30' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	SPRINT 30' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS
17h45 CROSS SÉRIES 30'	RPM 45' LESMILLS				SPRINT 30' LESMILLS								
18h00 GYM SCULPT 45'		BODYPUMP 55' LESMILLS	RPM 45' LESMILLS	ZUMBA 45'			RPM 45' LESMILLS		RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS	BODYBALANCE 55' LESMILLS	RPM 45' LESMILLS
18h15 GYM SCULPT 45'						RPM 45' LESMILLS	PILATES 45'	BODYCOMBAT 45' LESMILLS					
18h45 RPM 45' LESMILLS				LesMills CORE									
19h00 STRETCHING 45'		LesMills BODYJAM	RPM 45' LESMILLS		RPM 45' LESMILLS	YOGA 45'			RPM 45' LESMILLS	CXWORX 30' LESMILLS	SPRINT 30' LESMILLS	BODYPUMP 55' LESMILLS	RPM 45' LESMILLS
20h00 CXWORX 45' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS	BODYCOMBAT 55' LESMILLS	RPM 45' LESMILLS	CXWORX 45' LESMILLS	RPM 45' LESMILLS	BODYPUMP 55' LESMILLS	SPRINT 30' LESMILLS				