

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7 <sup>H</sup> 00	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM
8 <sup>H</sup> 00	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP
9 <sup>H</sup> 00	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint
10 <sup>H</sup> 00	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM
11 <sup>H</sup> 00	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP
12 <sup>H</sup> 15	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS THE TRIP	LesMILLS sprint
13 <sup>H</sup> 00	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP
14 <sup>H</sup> 00	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM
15 <sup>H</sup> 00	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS THE TRIP
16 <sup>H</sup> 00	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS sprint
17 <sup>H</sup> 00	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS RPM	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM
18 <sup>H</sup> 00	LesMILLS sprint	LesMILLS sprint	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS THE TRIP
19 <sup>H</sup> 00	LesMILLS RPM	LesMILLS RPM	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS sprint
20 <sup>H</sup> 00	LesMILLS THE TRIP	LesMILLS sprint	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM
21 <sup>H</sup> 00	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS sprint	LesMILLS THE TRIP	LesMILLS RPM	LesMILLS THE TRIP

 Cours en vidéo sur écran géant au club.