

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