

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
LesMills STRENGTH 9:00-9:50 Sophie	LesMills tone 9:00-9:50 Sandra	LesMills BODYSTEP 8:15-9:00 Katya	LesMills tone 9:00-9:50 Laurie-Anne	LesMills STRENGTH 8:30-9:20 Sophie	LesMills BODYPUMP 8:00-9:00 Asmaa	ZUMBA 8:15-9:15 Nilva
ZUMBA 10:00-11:00 Isabelle	LesMills CORE 9:50-10:40 Sandra	LesMills BODYPUMP 9:00-10:00 Katya	LesMills BODYBALANCE 9:50-10:35 Laurie-Anne	LesMills PILATES 09:25-10:10 Marie-Josée	LesMills BODYCOMBAT 9:00-9:30 Asmaa	LesMills BODYPUMP 9:15-10:15 Katya
	ZUMBA 10:40-11:40 Nilva	ZUMBA 10:05-11:05 Nilva		ZUMBA 10:15-11:15 Isabelle	ZUMBA 9:35-10:35 Maria	LesMills BODYBALANCE 10:20-11:20 Laurie-Anne
LesMills BODYPUMP 12:00-13:00 Asmaa				LesMills BODYPUMP 12:00-13:00 Marie-Josée	LesMills CORE 10:35-11:10 Mariane	
	LesMills BODYATTACK 16:45-17:15 Marie				LesMills BODYATTACK 11:10-11:40 Mariane	
ZUMBA 17:15-18:15 Isabelle	LesMills BODYPUMP 17:15-18:05 Myriam	ZUMBA 17:25-18:10 Guylène	LesMills BODYATTACK 17:15-18:00 Sophie			
LesMills CORE 18:15-18:50 Mariane	LesMills tone 18:10-19:00 Myriam	LesMills BODYCOMBAT 18:10-19:00 Asmaa	LesMills BODYPUMP 18:05-18:55 Sophie	LesMills BODYPUMP 18:00-19:00 Mariane		
LesMills tone 18:50-19:40 Mariane	LesMills STRENGTH 19:05-19:55 Laura	LesMills BODYPUMP 19:00-19:50 Karine	ZUMBA 19:00-20:00 Maria			
LesMills BODYBALANCE 19:40-20:25 Jean-Alexandre	LesMills PILATES 19:55-20:40 Laura	LesMills BODYBALANCE 19:50-20:35 Jean-Alexandre				

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

VIMONT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
LesMills STRENGTH 9:00-9:50 Sophie	LesMills tone 9:00-9:50 Laurie-Anne	LesMills BODYSTEP 8:15-9:00 Katya			LesMills BODYPUMP 8:00-9:00 Valérie	
ZUMBA 10:00-11:00 Isabelle	LesMills CORE 9:50-10:40 Sandra	LesMills BODYPUMP 9:00-10:00 Katya			LesMills BODYCOMBAT 9:00-9:30 Valérie	LesMills BODYPUMP 9:15-10:15 Katya
	ZUMBA 10:40-11:40 Nilva			ZUMBA 10:15-11:15 Isabelle	ZUMBA 9:35-10:35 Maria	LesMills BODYBALANCE 10:20-11:20 Laurie-Anne
LesMills BODYPUMP 12:00-13:00 Sophie	LesMills BODYATTACK 16:45-17:15 Marie					
ZUMBA 17:15-18:15 Isabelle	LesMills BODYPUMP 17:15-18:05 Myriam					
	LesMills tone 18:10-19:00 Myriam					
	LesMills STRENGTH 19:05-19:55 Laura					
	LesMills PILATES 19:55-20:40 Laura					

Semaine
du
22 décembre 2025

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

VIMONT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
LesMills STRENGTH 9:00-9:50 Sophie	LesMills tone 9:00-9:50 Laurie-Anne	LesMills BODYSTEP 8:15-9:00 Katya			LesMills BODYPUMP 8:00-9:00 Asmaa	
	LesMills BODYBALANCE 9:50-10:35 Laurie-Anne	LesMills BODYPUMP 9:00-10:00 Katya			LesMills BODYCOMBAT 9:00-9:30 Asmaa	LesMills BODYPUMP 9:15-10:15 Katya
				ZUMBA 10:15-11:15 Isabelle	ZUMBA 9:35-10:35 Maria	LesMills BODYBALANCE 10:20-11:20 Laurie-Anne
LesMills BODYPUMP 12:00-13:00 Sophie				LesMills BODYPUMP 12:00-13:00 Marie-Josée	LesMills CORE 10:35-11:10 Mariane	
	LesMills BODYATTACK 16:45-17:15 Marie				LesMills BODYATTACK 11:10-11:40 Mariane	
ZUMBA 17:15-18:15 Isabelle	LesMills BODYPUMP 17:15-18:05 Marie					
	LesMills STRENGTH 19:05-19:55 Laura					
	LesMills PILATES 19:55-20:40 Laura					

Semaine
du
29 décembre 2025