

À PARTIR DU 06 JANVIER 2025

## FITNESS

31 COURS ET 2 SMALL GROUP / SEMAINE - SUR RÉSERVATION

SALLE FITNESS	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h00	<b>PILATES</b> 45' <small>NEW</small>	<b>ABDOS FESSIERS CUISSES</b> 45'	<b>YOGA</b> 45'	<b>GYM ENTRETIEN</b> 45'	<b>ABDOS FESSIERS CUISSES</b> 45' <small>NEW</small>	
9h30						<b>LES MILLS BODYPUMP</b> 45'
10h00	<b>ABDOS FESSIERS CUISSES</b> 45' <small>NEW</small>	<b>LES MILLS BODYPUMP</b> 45' <small>NEW</small>	<b>CORE</b> 30'	<b>PILATES</b> 45'	<b>LES MILLS BODYBALANCE</b> 45'	
11h00	<b>STRETCHING</b> 30' <small>NEW</small>	<b>LES MILLS BODYBALANCE</b> 45' <small>NEW</small>			<b>LES MILLS BODYPUMP</b> 45' <small>NEW</small>	
11h30						<b>STRETCHING</b> 45'
12h30	<b>YOGA</b> 45'	<b>CROSS TRAINING</b> 45' <small>NEW</small>	<b>CROSS TRAINING</b> 45'		<b>LES MILLS CORE</b> 30'	
17h30	<b>LES MILLS BODYPUMP</b> 45'	<b>PILATES</b> 45' <small>NEW</small>	<b>STEP FREESTYLE</b> 45' <small>NEW</small>	<b>LES MILLS BODYATTACK</b> 45' <small>NEW</small>	<b>LES MILLS BODYPUMP</b> 45' <small>NEW</small>	
18h30	<b>LES MILLS BODYATTACK</b> 45' <small>NEW</small>	<b>LES MILLS BODYJAM</b> 45'	<b>LES MILLS BODYCOMBAT</b> 45' <small>NEW</small>	<b>LES MILLS BODYPUMP</b> 45' <small>NEW</small>	<b>STEP FREESTYLE</b> 45' <small>NEW</small>	
19h30	<b>LES MILLS CORE</b> 30' <small>NEW</small>	<b>LES MILLS BODYBALANCE</b> 45'	<b>LES MILLS BODYPUMP</b> 45' <small>NEW</small>	<b>STRETCHING</b> 45'		

Small Training

## SMALL TRAINING

8 SMALL TRAINING / SEMAINE - SUR RÉSERVATION

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h30					<b>CROSS TRAINING</b> 45'
11h00			<b>TRX</b> 45' <small>NEW</small>		
12h30		<b>CROSS TRAINING</b> 45' <small>NEW</small>	<b>CROSS TRAINING</b> 45'	<b>TRX</b> 45'	
17h30	<b>CROSS TRAINING</b> 45' <small>NEW</small>				
19h30		<b>CROSS TRAINING</b> 45' <small>NEW</small>		<b>CROSS TRAINING</b> 45' <small>NEW</small>	

Salle de Cours Collectifs

COURS vidéo

## RPM

8 COURS RPM ET 55 COURS «VIDÉO» / SEMAINE - COURS LIVE SUR RÉSERVATION

SALLE RPM	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8h00	<b>LES MILLS sprint</b> 30'	<b>LES MILLS THE TRIP</b> 45'	<b>RPM</b> 30'	<b>LES MILLS sprint</b> 30'	<b>RPM</b> 30'		<b>RPM</b> 30'
8h30	<b>RPM</b> 45'		<b>LES MILLS THE TRIP</b> 45'		<b>RPM</b> 45'	<b>LES MILLS THE TRIP</b> 45'	<b>RPM</b> 45'
9h30	<b>LES MILLS RPM</b> 50' <small>NEW</small>	<b>LES MILLS sprint</b> 30'	<b>RPM</b> 45'	<b>LES MILLS THE TRIP</b> 45'	<b>LES MILLS sprint</b> 30'	<b>RPM</b> 45'	<b>LES MILLS THE TRIP</b> 45'
10h15		<b>RPM</b> 45'					<b>RPM</b> 45'
10h30	<b>RPM</b> 45'		<b>LES MILLS THE TRIP</b> 45'	<b>LES MILLS RPM</b> 50' <small>NEW</small>	<b>RPM</b> 45'	<b>LES MILLS RPM</b> 50'	
12h30	<b>LES MILLS sprint</b> 30'	<b>LES MILLS RPM</b> 50'	<b>LES MILLS sprint</b> 30'	<b>RPM</b> 45'	<b>LES MILLS THE TRIP</b> 45'		<b>LES MILLS sprint</b> 30'
14h30	<b>RPM</b> 45'	<b>LES MILLS sprint</b> 30'	<b>LES MILLS THE TRIP</b> 45'	<b>RPM</b> 45'	<b>RPM</b> 45'	<b>LES MILLS sprint</b> 30'	
15h30	<b>LES MILLS THE TRIP</b> 45'	<b>LES MILLS THE TRIP</b> 45'	<b>LES MILLS sprint</b> 30'	<b>LES MILLS sprint</b> 30'	<b>LES MILLS THE TRIP</b> 45'		<b>LES MILLS THE TRIP</b> 45'
17h00		<b>RPM</b> 30'		<b>RPM</b> 45'	<b>RPM</b> 30'	<b>RPM</b> 45'	<b>RPM</b> 45'
17h30	<b>RPM</b> 45'	<b>RPM</b> 45'	<b>LES MILLS sprint</b> 30'				
18h00				<b>LES MILLS RPM</b> 50' <small>NEW</small>		<b>LES MILLS sprint</b> 30'	<b>LES MILLS THE TRIP</b> 45'
18h30	<b>LES MILLS RPM</b> 50'	<b>LES MILLS RPM</b> 50' <small>NEW</small>	<b>RPM</b> 45'		<b>RPM</b> 45'		
19h30	<b>LES MILLS sprint</b> 30'	<b>RPM</b> 45'	<b>LES MILLS RPM</b> 50'	<b>LES MILLS THE TRIP</b> 45'	<b>LES MILLS THE TRIP</b> 45'		

### Horaires Accueil du Club :

Du Lundi au Vendredi : 9h00-20h00  
Samedi : 9h00-12h30

### Horaires Accès Libre\* :

Tous les jours de 6h à 23h

\*Sous conditions. Infos à l'accueil



TÉLÉCHARGE L'APPLICATION OCÉANIA CLUB

pour réserver tes cours, retrouver nos dernières actus, tes programmes...