

# PLANNING VALSERHONE À PARTIR DU 5 JANVIER 2026

|       | LUNDI                   | MARDI                   | MERCREDI                                                                                    | JEUDI                   | VENDREDI                | SAMEDI                                          |
|-------|-------------------------|-------------------------|---------------------------------------------------------------------------------------------|-------------------------|-------------------------|-------------------------------------------------|
| 9:00  |                         |                         |                                                                                             |                         |                         |                                                 |
| 10:00 | LES MILLS<br>BODYPUMP   | STEP<br>DÉBUTANT        | BIKE                                                                                        | PILATES                 | CAF                     | BODY<br>SCULPT                                  |
| 11:00 | PILATES                 | LES MILLS<br>BODYPUMP   | CAF                                                                                         | BODY<br>SCULPT          | BIKE                    | BIKE<br><small>LES MILLS<br/>BODYCOMBAT</small> |
| 12:15 |                         |                         |                                                                                             |                         |                         |                                                 |
| 17:30 | CAF                     | BODY<br>SCULPT          | LES MILLS<br>BODYPUMP                                                                       | BIKE                    | BODY<br>SCULPT          |                                                 |
| 18:30 | LES MILLS<br>BODYCOMBAT | PILATES                 | BIKE                                                                                        | CAF                     | CAF                     |                                                 |
| 19:30 | PILATES                 | LES MILLS<br>BODYCOMBAT |  ZUMBA | LES MILLS<br>BODYATTACK | LES MILLS<br>BODYATTACK |                                                 |