

LE PLANNING

#ÉDITION 2023



SAM 01.07

DIM 02.07

LUN 03.07

	MAIN STAGE	MAIN STAGE 2	ESPACE VÉLO	HBX / TRX	MAIN STAGE	MAIN STAGE 2	ESPACE VÉLO	HBX / TRX	MAIN STAGE	MAIN STAGE 2	ESPACE VÉLO	HBX / TRX
7:00					LES MILLS BODYATTACK	YOGA			LES MILLS BODYPUMP	LES MILLS BODYBALANCE		
8:00												
9:00					LES MILLS BODYPUMP		LES MILLS sprint	HBX move	LES MILLS tone		LES MILLS sprint	HBX boxing
10:00					LES MILLS GRIT	LES MILLS BODYJAM	LES MILLS RPM	HBX boxing	LES MILLS CORE	LES MILLS SH'BAM	LES MILLS RPM	HBX fusion
10:30	BARBECUE PARTY											
11:00					LES MILLS CORE		LES MILLS RPM	HBX fusion				

14:30	CÉRÉMONIE D'OUVERTURE											
15:00	LES MILLS BODYPUMP		LES MILLS RPM	HBX boxing								
16:00	LES MILLS BODYATTACK		LES MILLS sprint	HBX move	LES MILLS BODYCOMBAT	LES MILLS barre	LES MILLS sprint	HBX fusion	LES MILLS GRIT	LES MILLS BODYJAM		HBX move
17:00	LES MILLS BODYCOMBAT		LES MILLS RPM		LES MILLS BODYBALANCE		LES MILLS RPM	HBX boxing	LES MILLS BODYATTACK		LES MILLS RPM	HBX boxing
18:00	LES MILLS BODYBALANCE	LES MILLS GRIT		HBX fusion	LES MILLS BODYSTEP	LES MILLS SH'BAM		HBX move	LES MILLS BODYCOMBAT	YOGA		HBX fusion
21:15	SFF XGAMES (BAR LES CARLINES)				SFF XGAMES - FINALE (BAR LES CARLINES)				SSF GOT'S TALENT			

MAR 04.07

MER 05.07

	MAIN STAGE	MAIN STAGE 2	ESPACE VÉLO	HBX / TRX	MAIN STAGE	MAIN STAGE 2	ESPACE VÉLO	HBX / TRX
7:00	PETIT DÉJEUNER NATURE							
8:00								
9:00					LesMILLS tone		LesMILLS sprint	HBX move
10:00	LesMILLS BODYATTACK		LesMILLS RPM	HBX fusion	LesMILLS BODYCOMBAT		LesMILLS RPM	HBX boxing
10:30								
11:00	LesMILLS BODYCOMBAT	LesMILLS GRIT		HBX move	LesMILLS BODYSTEP	LesMILLS SH'BAM	LesMILLS RPM	HBX fusion

15:00								
16:00	STAGE AU CHOIX				LesMILLS BODYATTACK		LesMILLS sprint	HBX fusion
17:00	STAGE AU CHOIX				LesMILLS CORE	LesMILLS BODYJAM	LesMILLS RPM	HBX boxing
18:00	STAGE AU CHOIX				LesMILLS BODYPUMP	LesMILLS BODYBALANCE		HBX move
21:15	DÉFI FOLLY (BAR LES CARLINES)				CLOSING NIGHT			



CONTACT



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Organisateur

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📱📘 summerfitness-festival.fr

