

	MAIN STAGE	MAIN STAGE 2	ESPACE VÉLO	HBX / TRX
7:00	LesMills BODYPUMP	Lesmills BODYBALANCE		
9:00	tone		Sprint	<b>ĕ</b> boxing
10:00	CORE	LesMILLS SH'BAM	LesMILLS <b>RPM</b>	<b>≝</b> fusion
10:30	BARBECUE PARTY			
16:00	GRIT	LesMills BODYJAM		≝ move
17:00	LesMILLS BODYATTACK		LesMills <b>RPM</b>	<b>ĕ</b> boxing
18:00	LesMILLS BODYCOMBAT	YOGA		<b>≝</b> fusion

21:15

SSF GOT'S TALENT

