

PROGRAMMATION

Summer Fitness Festival 2023

1ER AU 6 JUILLET 2023

	SAMEDI				DIMANCHE				LUNDI				MARDI				MERCREDI				
	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	MAIN STAGE	MAIN STAGE 2	ESPACE VÉLO	HBX / TRX	MAIN STAGE	MAIN STAGE 2	ESPACE VÉLO	HBX / TRX	
7:00					BODYATTACK	YOGA			BODYPUMP	GRIT			PETIT DÉJEUNER NATURE DÉPART À 7H00								7:00
8:00																					8:00
9:00					BODYPUMP	GRIT	RPM	move	STRENGTH DVT	BODYBALANCE	sprint	boxing					STRENGTH DVT	tone	RPM	move	9:00
10:00					GRIT	BODYJAM	sprint	boxing	CORE	SH'BAM	RPM	fusion	STRENGTH DVT	BODYATTACK	RPM	fusion	BODYCOMBAT	SH'BAM	sprint	boxing	10:00
10:30									BARBECUE PARTY OUVERTURE DU TÉLÉSIÈGE DE 10H30 À 11H30												10:30
11:00					BODYSTEP	BODYCOMBAT	RPM	fusion					GRIT	BODYCOMBAT	sprint	move	BODYSTEP	GRIT	RPM	fusion	11:00
14:30	CÉRÉMONIE D'OUVERTURE												STAGE AU CHOIX MOVE & DANSE / RANDO "BODY & MIND" / HIGH BIKE / HBX EXTREM EXPERIENCE								14:30
15:00	BODYPUMP	BODYCOMBAT	RPM	fusion	HBX	DANSE FREESTYLE			BODYPUMP	BODYJAM	RPM	move					MINDFULL EXERCISE				15:00
16:00	BODYPUMP	BODYCOMBAT	RPM	boxing	CORE	barre	RPM	fusion	BODYPUMP	BODYJAM	RPM	move					BODYATTACK	barre	sprint	fusion	16:00
17:00	BODYATTACK	BODYJAM	sprint	move	BODYCOMBAT	SH'BAM	sprint	boxing	GRIT	BODYATTACK	sprint	boxing	LE MARDI TOUT EST PERMIS - BAR LES CARLINES				CORE	BODYJAM	RPM	boxing	17:00
18:00	BODYBALANCE	GRIT	sprint	fusion	BODYATTACK	BODYBALANCE	RPM	move	BODYCOMBAT	YOGA	RPM	fusion					BODYPUMP	BODYBALANCE	sprint	move	18:00
21:30	OPENING NIGHT (CINÉMA LES KARELLUS)				SURPRISE PARTY				SFF GOT'S TALENT - CINÉMA LES CARLINES				CONFÉRENCE MÉDITATION				CLOSING NIGHT "SMART ELEGANT"				21:30



LesMILLS

