

TRAINING  
DAYS 2025

LESMILLS



02  
mars



NANTES

Artligne Carquefou 1 Rue Suzanne Lenglen 44470 Carquefou

	Salle 1 ICONIQUE	CYCLE
9h00	LESMILLS BODYPUMP	
10h00	LESMILLS BODYBALANCE	LESMILLS sprint
11h00	LESMILLS BODYATTACK	
12h00	LESMILLS BODYJAM	LESMILLS RPM
13h00	SESSION GENERALE	
14h00	LESMILLS GRIT	
15h00	LESMILLS CORE	
16h00	NEW LESMILLS Shapes SAISON 2	
17h00	LESMILLS BODYCOMBAT	

