

**SUM
MER**

**FITNESS
FESTIVAL**

SAMEDI

MAIN STAGE

**DANSE ET
RELAX**

ESPACE VELO

HBX / TRX

**14
H
30**

**CEREMONIE
D'OUVERTURE**

15H

**LES MILLS
BODYPUMP**

**LES MILLS
RPM**

HBX BOXING

16H

**LES MILLS
BODYATTACK**

**LES MILLS
sprint**

HBX MOVE

17H

**LES MILLS
BODYCOMBAT**

**LES MILLS
RPM**

18H

**LES MILLS
GRIT**

**LES MILLS
BODYJAM**

HBX FUSION

19H

**LES MILLS
BODYBALANCE**

**LES MILLS
sprint**

**21
H
15**

SFF X GAMES

**SUM
MER**

**FITNESS
FESTIVAL**

DIMANCHE

MAIN STAGE

**DANSE ET
RELAX**

ESPACE VELO

HBX / TRX

07H

**LES MILLS
BODYATTACK**

YOGA

09H

**LES MILLS
BODYPUMP**

**LES MILLS
sprint**

HBX MOVE

10H

**LES MILLS
GRIT**

**LES MILLS
BODYJAM**

HBX BOXING

11H

**LES MILLS
BODYCOMBAT**

**LES MILLS
RPM**

HBX FUSION

15h

**LES MILLS
barre**

16H

**LES MILLS
CORE**

**LES MILLS
sprint**

HBX FUSION

17H

**LES MILLS
BODYSTEP**

**LES MILLS
SH'BAM**

HBX BOXING

18H

**LES MILLS
BODYBALANCE**

**LES MILLS
RPM**

HBX MOVE

21H15

X GAMES FINALE

SUMMER

FITNESS FESTIVAL

LUNDI

MAIN STAGE

DANSE ET RELAX

ESPACE VELO

HBX / TRX

07H

LES MILLS
BODYPUMP

LES MILLS
BODYBALANCE

09H

LES MILLS
tone

LES MILLS
sprint

HBX BOXING

10H

LES MILLS
SH'BAM

LES MILLS
RPM

HBX FUSION

BARBECUE PARTY
À plus de 2000m d'altitude
Ouverture télésiège 10h30 / 11h30

16H

LES MILLS
GRIT

LES MILLS
BODYJAM

HBX MOVE

17H

LES MILLS
BODYATTACK

LES MILLS
RPM

HBX BOXING

18H

LES MILLS
BODYCOMBAT

YOGA

HBX FUSION

21
H
15

SHOW

SUM
MER

FITNESS
FESTIVAL

MARDI

MAIN STAGE

DANSE ET
RELAX

ESPACE VELO

HBX / TRX

07h DEPART POUR
LE PETIT DEJEUNER EN PLEINE NATURE

09H

LES MILLS
BODYATTACK

LES MILLS
RPM

HBX FUSION

10H

LES MILLS
BODYCOMBAT

LES MILLS
GRIT

HBX MOVE

16H

MOVE AND
DANCE
FREESTYLE
JAM
SH'BAM

RANDO
YOGA
BALANCE
PLANTES

SORTIE
VELO
OU CROSS
TRAINING
MELANGE
GRIT PUMP
COMBAT

HBX

17H

18H

21
H
15

BLIND TEST ET JEUX

X
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SUM
MER

FITNESS
FESTIVAL

MERCREDI

MAIN STAGE

DANSE ET
RELAX

ESPACE VELO

HBX / TRX

09H

LES MILLS
BODYSTEP

LES MILLS
sprint

HBX MOVE

10H

LES MILLS
tone

LES MILLS
BODYJAM

HBX BOXING

11H

LES MILLS
BODYCOMBAT

LES MILLS
RPM

HBX FUSION

15h

LES MILLS
GRIT

16H

LES MILLS
BODYATTACK

LES MILLS
sprint

HBX FUSION

17H

LES MILLS
BODYPUMP

LES MILLS
SH'BAM

HBX BOXING

18H

LES MILLS
BODYBALANCE

LES MILLS
RPM

HBX MOVE

21H15

LAST NIGHT AU CINEMA