

(à partir du 04 septembre 2023)

Heures	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	Durées
6h30	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	30'
7h05	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	50'
8h00	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	30'
8h35	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	30'
9h10	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	50'
10h05	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM 45'	LesMILLS RPM	LesMILLS RPM	50'
11h00	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	50'
11h50	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	30'
12h25	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	30'
13h00	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	30'
13h35	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	30'
14h10	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	50'
15h05	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	50'
16h00	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	30'
16h35	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	50'
17h30	LesMILLS RPM 45'	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	50'
18h25	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	30'
19h00	LesMILLS RPM	LesMILLS RPM 45'	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	50'
19h55	LesMILLS RPM		LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	30'
20h30	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	30'
21h05	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	30'
21h40	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	LesMILLS RPM	LesMILLS sprint	30'
22h10	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	LesMILLS RPM	30'

 Cours coachés

PROCEDURE POUR CONNECTER LES VELOS AVEC L'APPLICATION : BODY BIKE INDOOR CYCLE



- Télécharger l'application
- Rentrer vos paramètres personnels (age, taille, poids, ...)
- Cliquer sur "Me connecter au vélo" (vous devez pédaler pour que le numéro figurant sur le guidon apparaisse, cliquer sur le rond blanc pour valider)
- Cliquer sur "Commencer l'entraînement"
- Cliquer sur "play" (Flèche verte), au démarrage de la séance
- Cliquer sur "stop" (Carré rouge), à la fin de la séance
- Cliquer sur "sauvegarder"
- Aller sur "les 3 barres horizontales, au haut à droite", puis "Historique de vos entraînements" pour retrouver toutes vos sessions enregistrées

