

MIND



Mindfulness Sessions
Hamam and Sauna
Meditation Audio Guides

MOVE



Fitness center
Group Classes
Personalized Workouts

NUTRI



Webinars
Recipe Collection
Healthy Eating

INFORMATIONS

+41 58 400 36 31
fitness@millennium.ch

HOURS

Monday - Friday:

7am - 9:30am
9:30 am - 11:30am*
11:30 am - 8pm

* By reservation

Saturday:

9am - 2pm

Sunday:

Only with a personal coach



MILLENNIUM

Chemin de Mongevon 25
1023 Lausanne-Crissier
millennium.ch



FITNESS

MILLENNIUM

Register

FITNESS

Group Class Schedule



STRONGER

Stronger is a signature class by our coach Laurine that combines strength training and cardio workouts. It's an intense sport that allows you to expend energy while feeling good



POWER UP

High-Intensity Interval Training (HIIT) method. A session consists of alternating periods of very intense effort and recovery. The exercises are typically bodyweight exercises and are performed together.



BARRE WORKOUT

This class combines dance-inspired movements with high-intensity exercises to sculpt and strengthen your body, both at the barre and on the floor. You will improve your endurance, flexibility, and coordination.



CORE POWER

A high-intensity 30-minute class targeting your abs while incorporating overall strength training. Designed for circuit training enthusiasts looking to add an extra dimension to their usual workouts.



PILATES

A gentle gymnastics method that focuses on developing deep muscles, improving posture, and protecting the spine. It is practiced on the floor with the use of small equipment.



SKILLBIKE

An intensive group training method on an ergonomic stationary bike. The skillBike allows for a strong cardio-respiratory workout while providing a complete lower body strengthening.



STRETCHING

Once confined to the physical preparation of athletes, stretching is now considered a standalone sport or activity.



YOGA

A discipline that combines physical postures, breathing exercises, and meditation. The class offers a combination of different types of yoga: Hatha, Vinyasa, and Yin Yoga.



KNOCK-OUT

French boxing, alternated with cardio training to work on your technique while burning maximum calories. Move between different workstations, strengthen your muscle tone, coordination, and speed.

Type of training

- Muscle strengthening
- Cardio training
- Well-being
- * Class start time

Book a free session by scanning the QR code or by contacting us at 058 400 36 31.



Register

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
6am - 7am					
7am - 8am					
8am - 9am					
9am - 10am					
10am - 11am					
11am - 12am					
12am - 1pm	*12:10 STRONGER 45' ●	*12:10 STRONGER 45' ●	*12:10 RUNNING 45' ●	*12:10 PILATES 45' ●	*12:10 SKILLBIKE 30' ●
1pm - 2pm	*13:00 STRETCHING 30' ●	*13:00 SKILLBIKE 30' ●	*13:00 CORE POWER 30' ●	*13:00 CORE POWER 30' ●	*12:45 KNOCK-OUT 45' ●
2pm - 3pm					
3pm - 4pm					
4pm - 5pm					
5pm - 6pm		*17:30 KNOCK-OUT 45' ●	*17:30 POWER UP 45' ●	*17:30 YOGA 60' ●	
6pm - 7pm	*18:00 YOGA 60' ●	*18:20 SKILLBIKE 45' ●	*18:15 BARRE WORKOUT 45' ●		
7pm - 8pm					