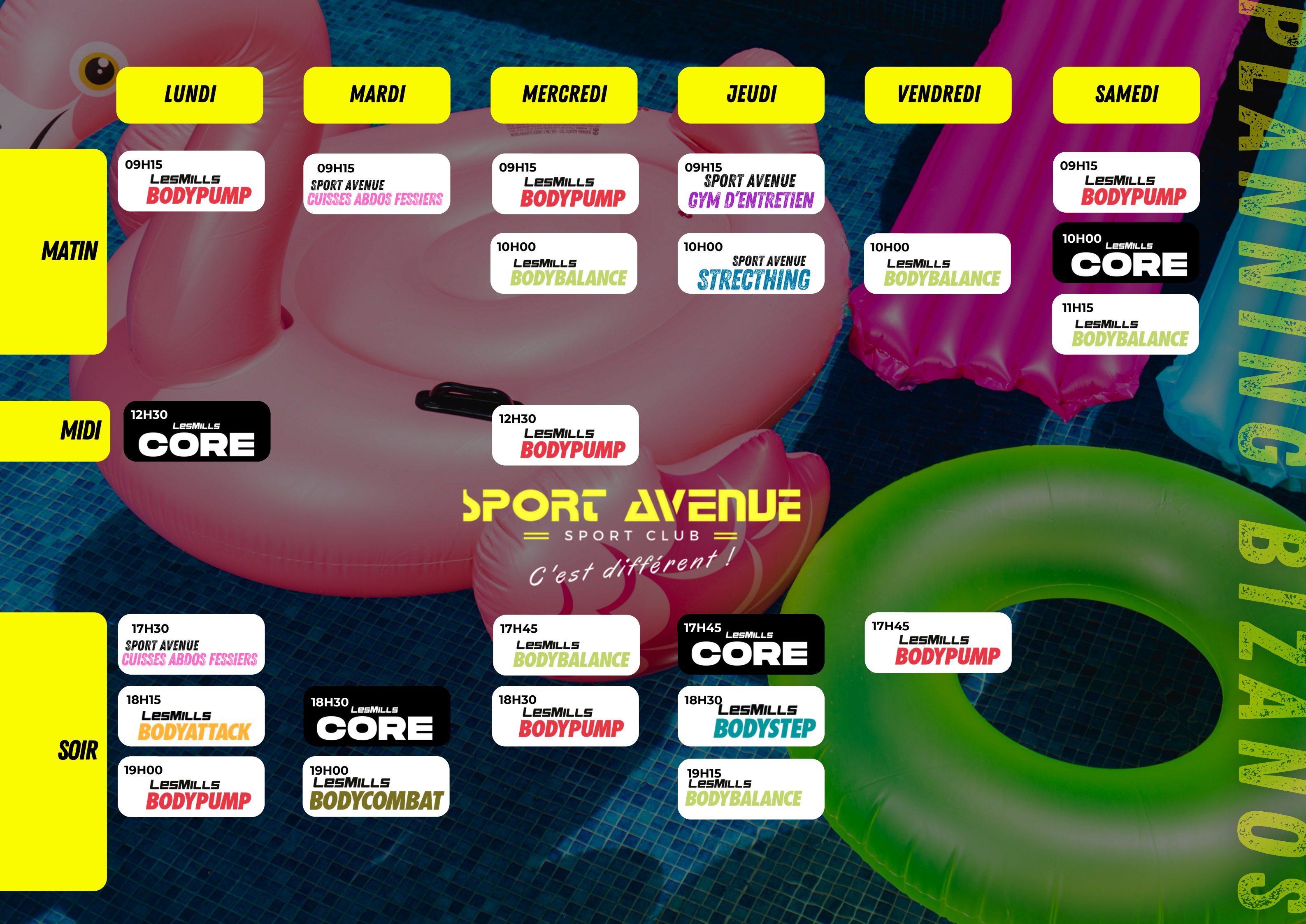




MATIN

MIDI

SOIR

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09H15
LES MILLS
BODYPUMP

09H15
SPORT AVENUE
CUISSES ABDOS FESSIERS

09H15
LES MILLS
BODYPUMP

09H15
SPORT AVENUE
GYM D'ENTRETIEN

09H15
LES MILLS
BODYPUMP

10H00
LES MILLS
BODYBALANCE

10H00
SPORT AVENUE
STRETCHING

10H00
LES MILLS
BODYBALANCE

10H00
LES MILLS
CORE

11H15
LES MILLS
BODYBALANCE

12H30
LES MILLS
CORE

12H30
LES MILLS
BODYPUMP

SPORT AVENUE
== SPORT CLUB ==
C'est différent !

17H30
SPORT AVENUE
CUISSES ABDOS FESSIERS

17H45
LES MILLS
BODYBALANCE

17H45
LES MILLS
CORE

17H45
LES MILLS
BODYPUMP

18H15
LES MILLS
BODYATTACK

18H30
LES MILLS
CORE

18H30
LES MILLS
BODYPUMP

18H30
LES MILLS
BODYSTEP

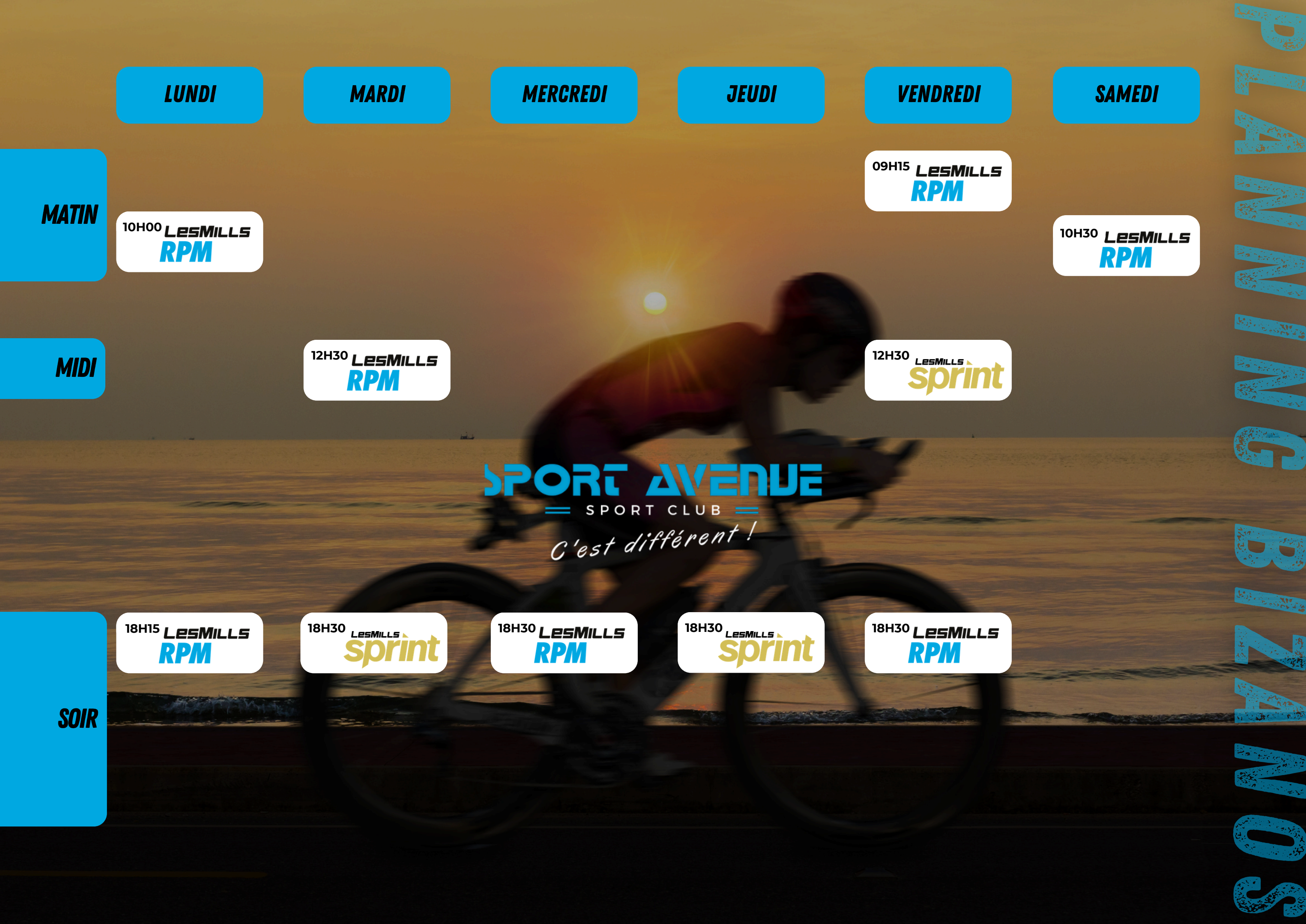
19H00
LES MILLS
BODYPUMP

19H00
LES MILLS
BODYCOMBAT

19H15
LES MILLS
BODYBALANCE

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PLANNING
BIZAVOS

SAMEDI

VENDREDI

JEUDI

MERCREDI

MARDI

LUNDI

MATIN

10H30 **LES MILLS**
RPM

09H15 **LES MILLS**
RPM

12H30 **LES MILLS**
RPM

MIDI

12H30 **LES MILLS**
sprint

SPORT AVENUE
= SPORT CLUB =
C'est différent !

18H30 **LES MILLS**
RPM

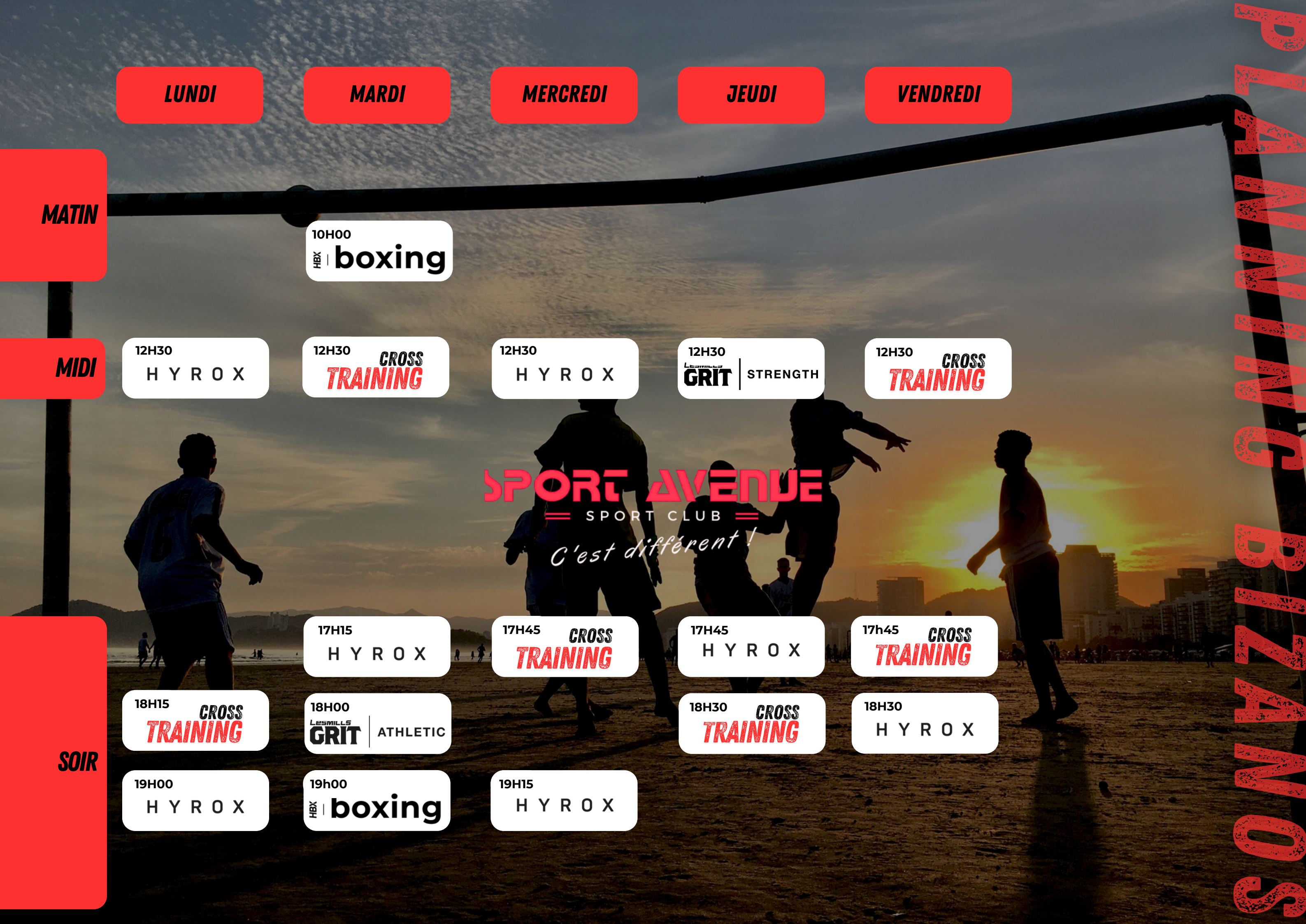
18H30 **LES MILLS**
sprint

18H30 **LES MILLS**
RPM

18H30 **LES MILLS**
sprint

18H15 **LES MILLS**
RPM

SOIR



PLAN
VING
BIZ
VING
S

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

10H00
HBX | **boxing**

MIDI

12H30
HYROX

12H30
**CROSS
TRAINING**

12H30
HYROX

12H30
LESMILLS **GRIT** | STRENGTH

12H30
**CROSS
TRAINING**

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

18H15
**CROSS
TRAINING**

18H00
LESMILLS **GRIT** | ATHLETIC

17H45
**CROSS
TRAINING**

17H45
HYROX

17h45
**CROSS
TRAINING**

19H00
HYROX

19h00
HBX | **boxing**

19H15
HYROX

18H30
**CROSS
TRAINING**

18H30
HYROX

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

09H15
PILATES

09H15
PILATES

09H15
YOGA

10H00
YOGA

**10H05 PILATES
REFORMER**

10H00
PILATES

**10H05 PILATES
REFORMER**

10H00
PILATES

**10H50 PILATES
REFORMER**

10H55
YOGA

10H55
PILATES

10H45
YOGA

MIDI

12H30
PILATES

**12H30 PILATES
REFORMER**

**12H30 PILATES
REFORMER**

== SPORT CLUB ==

C'est différent !

**16H45 PILATES
REFORMER**

**17H30 PILATES
REFORMER**

17H15
YOGA

**17H30 PILATES
REFORMER**

**17H40 PILATES
REFORMER**

17H00
PILATES

SOIR

18H00
PILATES

18H15
PILATES

17H45
YOGA

19H15
PILATES

18H45
YOGA

19H00
YOGA

19h15
PILATES

**18H35 PILATES
REFORMER**

**19H45 PILATES
REFORMER**

19H45
PILATES

**19H20 PILATES
REFORMER**