

PLANNING
FITNESS

SPORT AVENUE

= SPORT CLUB =

BIZANOS
05 24 98 87 95

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	09H15 LES MILLS BODYPUMP™	09H15 LES MILLS BODYBALANCE™	09H15 LES MILLS BODYPUMP™	09H15 GYM D'ENTRETIEN	09H15 CUISSES ABDOS FESSIERS	09H15 LES MILLS BODYPUMP™
		10H00 CUISSES ABDOS FESSIERS	10H15 LES MILLS CORE	10H00 STRETCHING	10H00 LES MILLS BODYBALANCE™	10h00 LES MILLS CORE
						11H15 LES MILLS BODYBALANCE™
MIDI	12H30 LES MILLS CORE		12H30 CUISSES ABDOS FESSIERS	12H30 LES MILLS BODYPUMP™		
SOIR	17H30 CUISSES ABDOS FESSIERS	17H45 LES MILLS SH'BAM™	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™	18H30 LES MILLS BODYCOMBAT™	
	19H00 LES MILLS BODYPUMP™	19H00 LES MILLS BODYCOMBAT™	19H15 LES MILLS BODYATTACK™	19H15 LES MILLS BODYBALANCE™	19H15 LES MILLS CORE	
		20H00 STRETCHING			19H45 STRETCHING	

PLANNING
STUDIO RPM

SPORT AVENUE

= SPORT CLUB =

BIZANOS
05 24 98 87 95

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	10H00  LES MILLS RPM				10H00  LES MILLS RPM	10H30  LES MILLS RPM
MIDI		12H30  LES MILLS RPM			12H30  LES MILLS sprint	
SOIR	18H15  LES MILLS RPM	18H30  LES MILLS sprint	18H30  LES MILLS RPM	18H30  LES MILLS RPM	18H30  LES MILLS RPM	
		19H00  LES MILLS RPM			19H15  LES MILLS sprint	



























**PLANNING
BOX TRAINING**

SPORT AVENUE

— SPORT CLUB —

BIZANOS
05 24 98 87 95

Places limitées: inscriptions sur l'application SPORT AVENUE

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
MATIN		9H15  TRX <small>Suspension Training®</small>			
		10H00  HBX boxing	10H15  CROSS TRAINING		
MIDI	12H30  HBX boxing	12H30  CROSS TRAINING	12H30  LES MILLS GRIT STRENGTH	12H30  ATHLETIC TRAINING	12H30  CROSS TRAINING
SOIR	17H45  HBX fusion	18H00  LES MILLS GRIT ATHLETIC	18H00  TRX <small>Suspension Training®</small>	18H00  HBX fusion	17H45  TRX <small>Suspension Training®</small>
	18H15  CROSS TRAINING	18H30  HBX boxing	18H30  CROSS TRAINING	18H30  CROSS TRAINING	18H30  CROSS TRAINING
	19H00  ATHLETIC TRAINING	19H00  CROSS TRAINING	19H15  LES MILLS GRIT CARDIO	19H15  HBX boxing	19H15  ATHLETIC TRAINING
	19H30  CROSS TRAINING		19H45  CROSS TRAINING	20H00  LES MILLS GRIT STRENGTH	

PLANNING
STUDIO ZEN

SPORT AVENUE

= SPORT CLUB =

BIZANOS
05 24 98 87 95

Places limitées: inscriptions sur l'application SPORT AVENUE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN		10H00  PILATES		09H15  YOGA	
		10H45  YOGA		10H30  PILATES	
MIDI				12H30  YOGA	
SOIR		17H45  YOGA			17H30  PILATES
		18H30  PILATES	18H30  YOGA		18H15  YOGA
		19H15  YOGA	19H15  STRECHING MEDITATION		19H00  PILATES
		20H00  STRECHING MEDITATION	19H45  PILATES		