

PLANNING
FITNESS

SPORT AVENUE

= SPORT CLUB =

PAU
09 80 86 84 90

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN	09H15 ^{45'} LES MILLS BODYPUMP™	09H15 ^{45'} GYM D'ENTRETIEN		09H15 ^{45'} LES MILLS BODYBALANCE™	09H15 ^{30'} LES MILLS BODYPUMP™
	10H00 ^{45'} LES MILLS BODYBALANCE™	10H00 ^{30'} STRETCHING		10H00 ^{30'} LES MILLS CORE	9H45 ^{30'} STRETCHING
MIDI	12H30 ^{30'} LES MILLS CORE	12H30 ^{30'} LES MILLS BODYSTEP™	12H30 ^{45'} LES MILLS BODYPUMP™		12H30 ^{45'} CUISSES ABDOS FESSIERS
SOIR	17H45 ^{30'} CUISSES ABDOS FESSIERS	17H45 ^{30'} LES MILLS CORE	17H45 ^{45'} LES MILLS BODYBALANCE™		
	18H15 ^{45'} LES MILLS BODYATTACK™	18H15 ^{45'} LES MILLS BODYPUMP™	18H30 ^{45'} LES MILLS BODYSTEP™	18H00 ^{30'} LES MILLS CORE	18H00 ^{45'} LES MILLS BODYPUMP™
	19H00 ^{45'} LES MILLS BODYPUMP™	19H00 ^{45'} LES MILLS BODYCOMBAT™	19H15 ^{45'} CUISSES ABDOS FESSIERS	18H30 ^{45'} LES MILLS BODYPUMP™	18H45 ^{45'} LES MILLS BODYCOMBAT™
	19H45 ^{30'} LES MILLS CORE	19H45 ^{45'} LES MILLS BODYBALANCE™		19H30 ^{45'} LES MILLS DANCE	19H30 ^{30'} STRETCHING

PLANNING
BIKE/BOXTRAINING

SPORT AVENUE

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POUR LES COURS HBX, ATHLETIC TRAINING, TRX et GRIT : inscriptions sur l'application Sport Avenue

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN		11H00  TRX Suspension Training®	11H00  LES MILLS GRIT ATHLETIC		
MIDI	12H30  HBX boxing	12H30  HBX fusion		12H30  LES MILLS RPM  ATHLETIC TRAINING	
SOIR	17H45  LES MILLS GRIT ATHLETIC	17H45  TRX Suspension Training®	18H00  HBX boxing	18H00  HBX fusion	18H00   ATHLETIC TRAINING
	18H15  HBX fusion	18H15   ATHLETIC TRAINING	18H30  LES MILLS GRIT CARDIO	18H30  LES MILLS RPM	18H45  LES MILLS RPM
	18H30  LES MILLS sprint	19H00  LES MILLS RPM	19H00  LES MILLS sprint	19H15  TRX Suspension Training®	19H30  HBX fusion
	19H15  LES MILLS RPM	19H45  HBX boxing	19H45   ATHLETIC TRAINING	19H45  LES MILLS GRIT STRENGTH	
	19H45  TRX Suspension Training®				