































PLANNING
FITNESS

SPORT AVENUE

= SPORT CLUB =

PAU
09 80 86 84 90




























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

**PLANNING
BIKE/BOXTRAINING**

SPORT AVENUE

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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN		11H00  TRX Suspension Training	11H00  HBX fusion		
MIDI	12H30  LES MILLS sprint	12H30  HBX boxing		12H30  HBX fusion	12H30   ATHLETIC TRAINING
SOIR	18H00  TRX Suspension Training		18H00  HBX fusion	17H45  LES MILLS GRIT™ CARDIO	18H00   ATHLETIC TRAINING
	18H30  LES MILLS sprint	18H30   ATHLETIC TRAINING	18H45  LES MILLS RPM	18h15  HBX boxing	18H30  LES MILLS GRIT™ STRENGTH
	19H15  LES MILLS RPM	19H00  LES MILLS RPM		19H00  LES MILLS RPM	19H00  LES MILLS sprint
	20H00  HBX fusion	19H45  HBX boxing	19H45  TRX Suspension Training	19H45   ATHLETIC TRAINING	