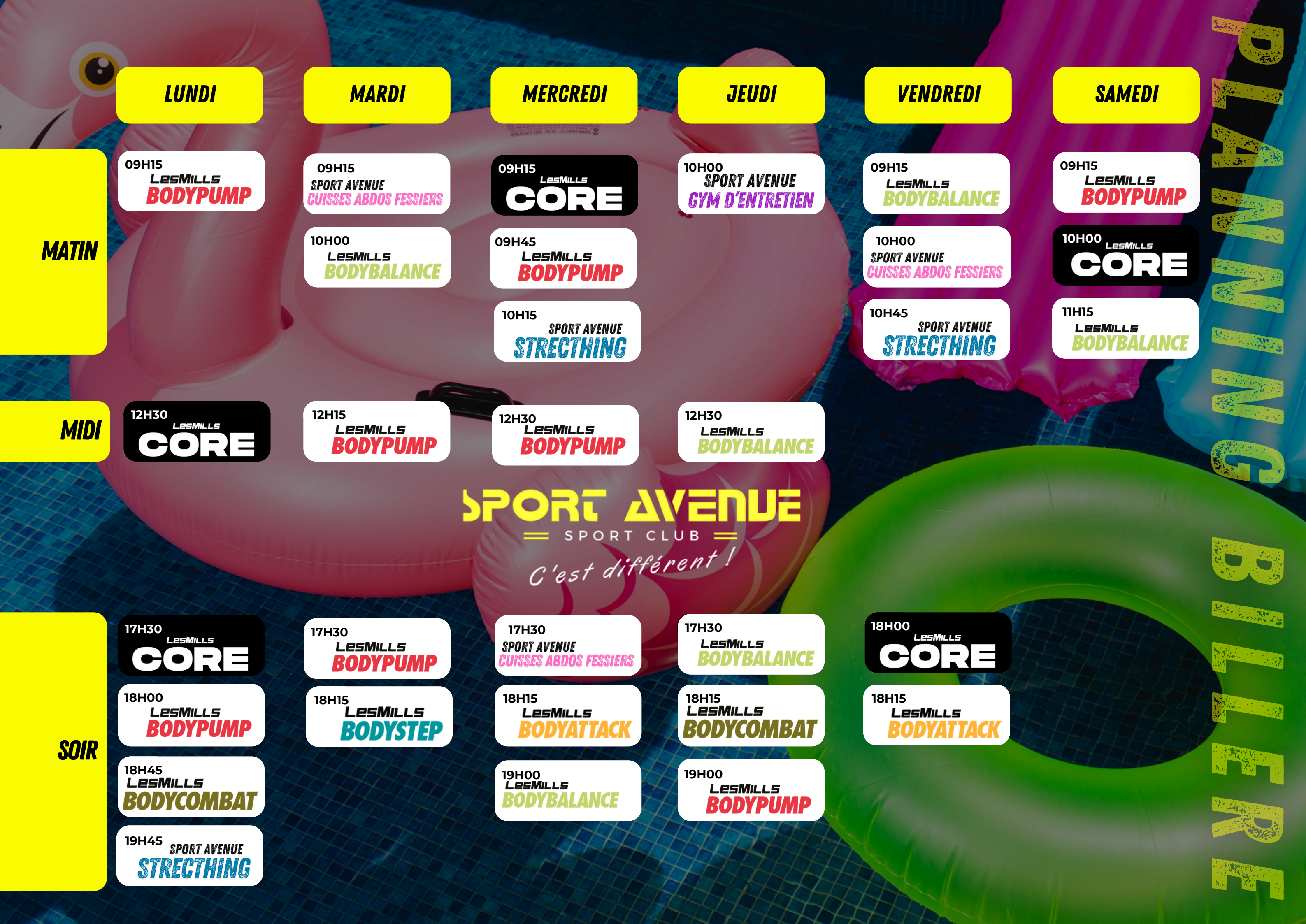




PLAUVING

SAMEDI

VENDREDI

JEUDI

MERCREDI

MARDI

LUNDI

MATIN

09H15
LES MILLS
BODYPUMP

09H15
LES MILLS
BODYBALANCE

10H00
SPORT AVENUE
GYM D'ENTRETIEN

09H15
LES MILLS
CORE

09H15
SPORT AVENUE
CUISSES ABDOS FESSIERS

10H00
LES MILLS
CORE

10H00
SPORT AVENUE
CUISSES ABDOS FESSIERS

10H00
SPORT AVENUE
GYM D'ENTRETIEN

09H45
LES MILLS
BODYPUMP

10H00
LES MILLS
BODYBALANCE

11H15
LES MILLS
BODYBALANCE

10H45
SPORT AVENUE
STRETCHING

10H15
SPORT AVENUE
STRETCHING

MIDI

11H15
LES MILLS
BODYBALANCE

10H45
SPORT AVENUE
STRETCHING

12H30
LES MILLS
BODYBALANCE

12H30
LES MILLS
BODYPUMP

12H15
LES MILLS
BODYPUMP

12H30
LES MILLS
CORE

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

18H00
LES MILLS
CORE

17H30
LES MILLS
BODYBALANCE

17H30
SPORT AVENUE
CUISSES ABDOS FESSIERS

17H30
LES MILLS
BODYPUMP

17H30
LES MILLS
CORE

18H15
LES MILLS
BODYATTACK

18H15
LES MILLS
BODYCOMBAT

18H15
LES MILLS
BODYATTACK

18H15
LES MILLS
BODYSTEP

18H00
LES MILLS
BODYPUMP

18H15
LES MILLS
BODYATTACK

19H00
LES MILLS
BODYPUMP

19H00
LES MILLS
BODYBALANCE

18H45
LES MILLS
BODYCOMBAT

19H45
SPORT AVENUE
STRETCHING

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

MATIN

10H015 **LES MILLS**
RPM

09H15 **LES MILLS**
RPM

10H30 **LES MILLS**
RPM

MIDI

12H30 **LES MILLS**
sprint

12H30 **LES MILLS**
RPM

12H30 **LES MILLS**
RPM

SPORT AVENUE

== SPORT CLUB ==

C'est différent !

SOIR

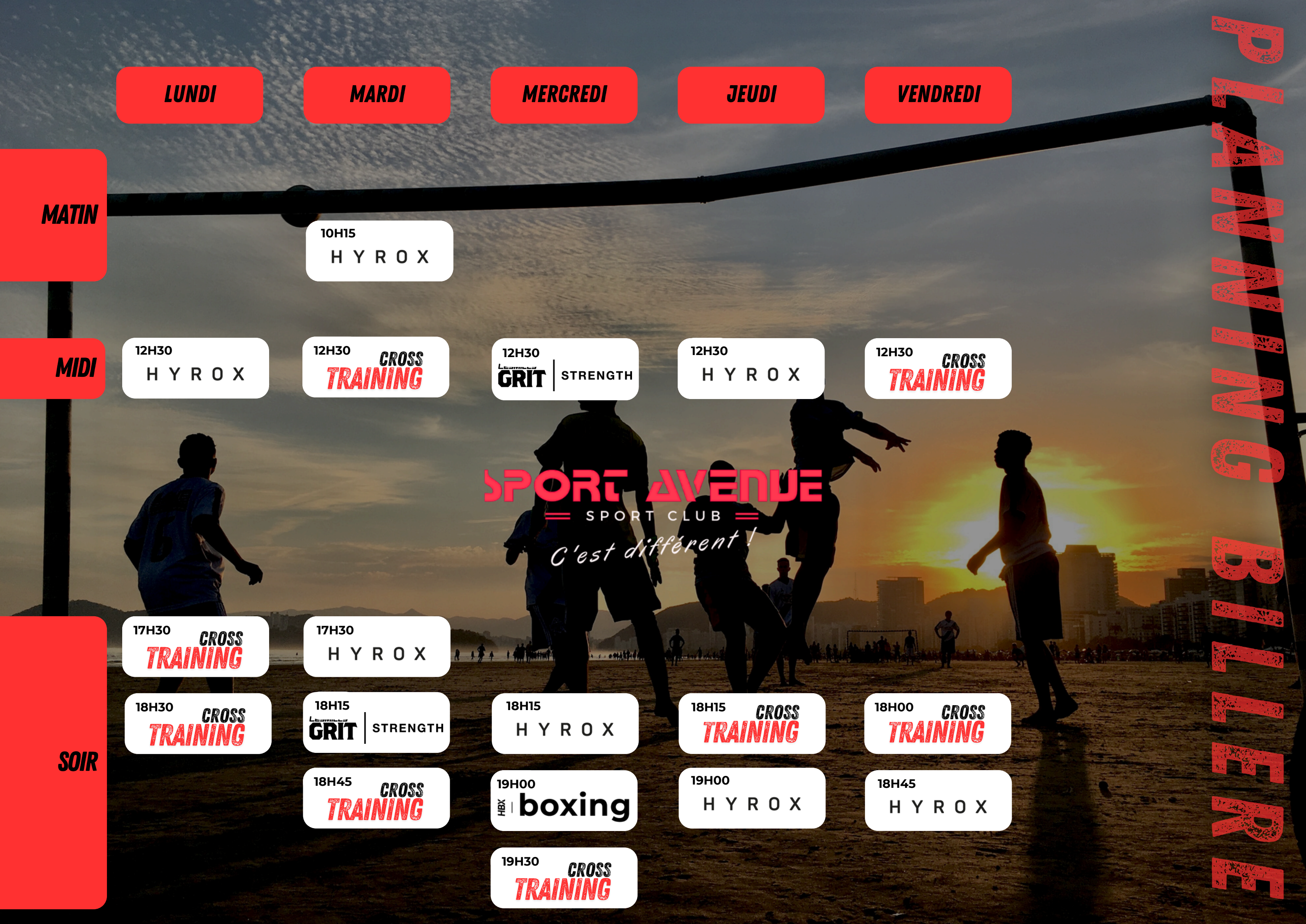
18H15 **LES MILLS**
RPM

18H15 **LES MILLS**
sprint

18H30 **LES MILLS**
RPM

18H45 **LES MILLS**
RPM

18H45 **LES MILLS**
RPM



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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

10H15
H Y R O X

MIDI

12H30
H Y R O X

12H30
**CROSS
TRAINING**

12H30
LEARN GRIT | STRENGTH

12H30
H Y R O X

12H30
**CROSS
TRAINING**

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

17H30
**CROSS
TRAINING**

17H30
H Y R O X

18H30
**CROSS
TRAINING**

18H15
LEARN GRIT | STRENGTH

18H15
H Y R O X

18H15
**CROSS
TRAINING**

18H00
**CROSS
TRAINING**

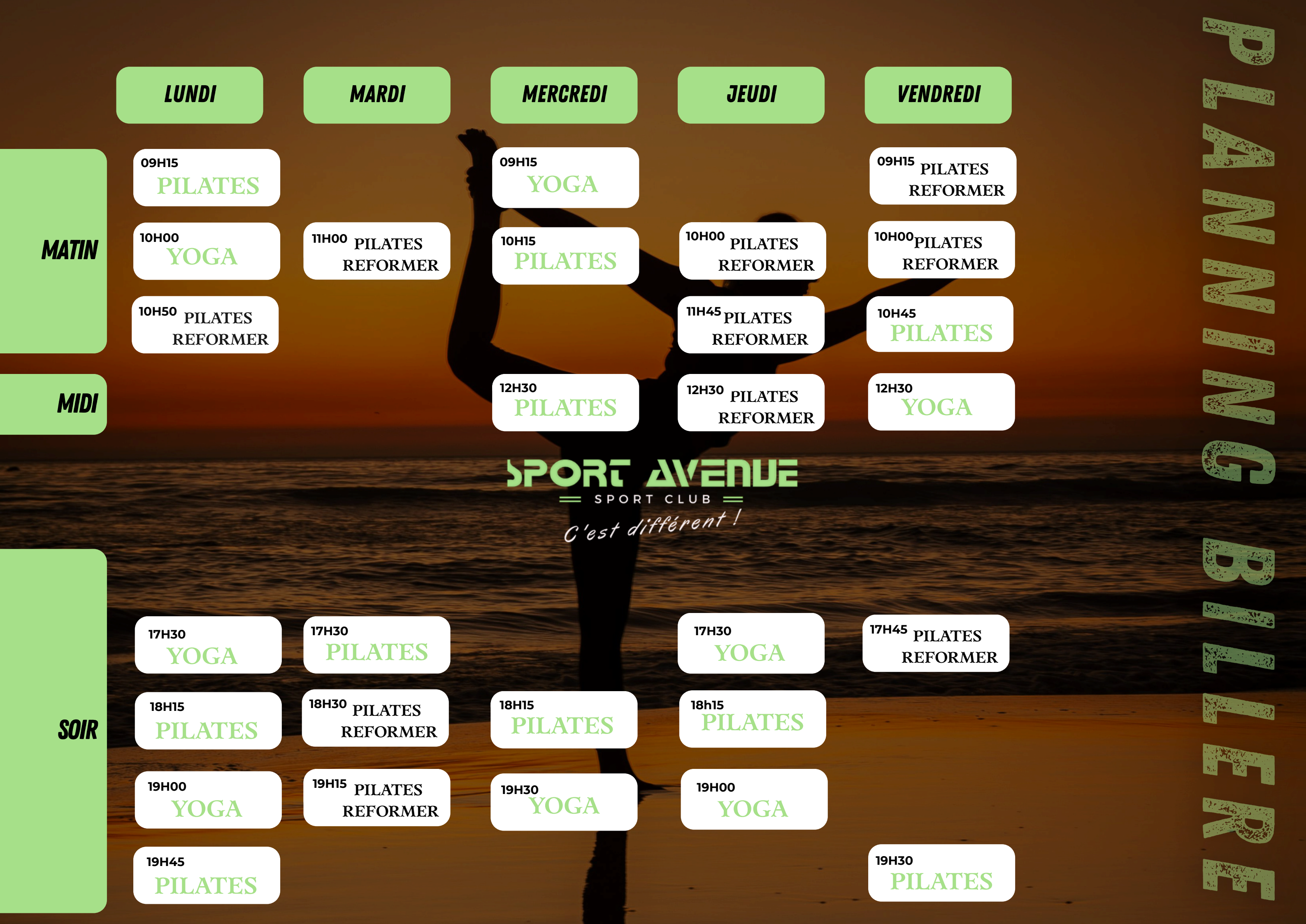
18H45
**CROSS
TRAINING**

19H00
HBX | boxing

19H00
H Y R O X

18H45
H Y R O X

19H30
**CROSS
TRAINING**



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

09H15
PILATES

10H00
YOGA

10H50 PILATES
REFORMER

11H00 PILATES
REFORMER

09H15
YOGA

10H15
PILATES

12H30
PILATES

10H00 PILATES
REFORMER

11H45 PILATES
REFORMER

12H30 PILATES
REFORMER

09H15 PILATES
REFORMER

10H00PILATES
REFORMER

10H45
PILATES

12H30
YOGA

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

17H30
YOGA

18H15
PILATES

19H00
YOGA

19H45
PILATES

17H30
PILATES

18H30 PILATES
REFORMER

19H15 PILATES
REFORMER

18H15
PILATES

19H30
YOGA

17H30
YOGA

18h15
PILATES

19H00
YOGA

17H45 PILATES
REFORMER

19H30
PILATES