





























PLANNING  
RELANCES  
FITNESS

# SPORT AVENUE

= SPORT CLUB =

**BIZANOS**  
05 24 98 87 95

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

PLANNING  
RELANCES  
BIKE

# SPORT AVENUE

= SPORT CLUB =

**BIZANOS**  
05 24 98 87 95

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	10H00  <b>LES MILLS</b> <b>RPM</b>				10H00  <b>LES MILLS</b> <b>RPM</b>	10H30  <b>LES MILLS</b> <b>RPM</b>
MIDI		12H30  <b>LES MILLS</b> <b>RPM</b>			12H30  <b>LES MILLS</b> <b>sprint</b>	
SOIR	18H15  <b>LES MILLS</b> <b>RPM</b> 	18H15  <b>LES MILLS</b> <b>sprint</b> 	18H30  <b>LES MILLS</b> <b>RPM</b> 	18H15  <b>LES MILLS</b> <b>RPM XL</b>	18H45  <b>LES MILLS</b> <b>RPM</b>	
		19H00  <b>LES MILLS</b> <b>RPM</b>			19H15  <b>LES MILLS</b> <b>sprint</b>	



























**PLANNING  
RELANCES  
BOX TRAINING**

# 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  <b>HBX boxing</b>	10H15  <b>CROSS TRAINING</b>		
MIDI	12H30  <b>HBX boxing</b>	12H30  <b>CROSS TRAINING</b>	12H30  <b>LES MILLS GRIT STRENGTH</b> 	12H30   <b>ATHLETIC TRAINING</b>	12H30  <b>CROSS TRAINING</b>
SOIR	18H00  <b>HBX fusion</b>	18H00  <b>LES MILLS GRIT ATHLETIC</b> 	18H00  <b>TRX</b> Suspension Training®	18H00   <b>ATHLETIC TRAINING</b>	
	 18H30  <b>ATHLETIC TRAINING</b>	18H30  <b>HBX boxing</b>	18H30  <b>CROSS TRAINING</b>	18H30  <b>HBX fusion</b>	
	19H00  <b>CROSS TRAINING</b>	19H00  <b>CROSS TRAINING</b>	19H30   <b>ATHLETIC TRAINING</b>	19H15  <b>HBX boxing</b>	
				19H45  <b>LES MILLS GRIT STRENGTH</b> 