ESPACE FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	09H15 LesMILLS BODYPUMP	09H15 SPORT AVENUE CUISSES ABDOS FESSIERS	09H15 SPORT AVENUE GYM D'ENTRETIEN	9h15 LesMILLS BODYPUMP		09H15 LesMILLS BODYPUMP
		10H00 SPORT AVENUE STRETCHING	10H00 SPORT AVENUE STRETCHING	10H00 LesMILLS BODYBALANCE	10H00 LesMILLS BODYBALANCE	10H00 LesMILLS CORE
						11H15 LesMILLS BODYBALANCE
MIDI	12H30 LesMILLS CORE		12H30 LesMILLS BODYPUMP		12h30 SPORT AVENUE CUISSES ABDOS FESSIERS	
SOIR	17H00 SPORT AVENUE CUISSES ABDOS FESSIERS	17h30 LesMILLS BODYPUMP	17H30 LesMILLS BODYBALANCE	17H45 LesMILLS CORE	17H45 LesMILLS BODYPUMP	
	17h45 LesMILLS BODYCOMBAT	18h00 LesMILLS CORE	18h15 LesMILLS BODYPUMP	18h30 LesMILLS BODYCOMBAT	18H30 SPORT AVENUE STRETCHING	
	18H30 LesMILLS BODYPUMP	18h30 LesMILLS BODYATTACK	19h00 LesMILLS BODYSTEP	19H15 LesMILLS BODYBALANCE		
	19h30 LesMILLS BODYBALANCE	19h15 SPORT AVENUE STRETCHING				

SPORT AVENUE
SPORT CLUB

ESPACE CYCLING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	10H00 LesMills RPM				09H15 LesMills RPM	10H00 LesMills RPM
MIDI		12H30 LesMills RPM		12H30 LesMills RPM	12H30 LesMills sprint	
SOIR	18H30 LesMills RPM	18h00 LesMills sprint 18H30 LesMills RPM	17h30 LesMills RPM	19h00 LesMills RPM	17H00 LesMills RPM	

SPORT AVENUE
SPORT CLUB

ESPACE TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN	10H45 CROSS TRAINING	10H00 HBX | boxing	9h15 HYROX	09h15 SPORT AVENUE T.R.X 10h45 HYROX	
MIDI	12H30 HYROX		12H30 HYROX	12H30 LesMills GRIT | STRENGTH	12H30 CROSS TRAINING
SOIR	17H00 HYROX 17H45 CROSS TRAINING 18H30 HYROX	17H45 HYROX 18H30 SPORT AVENUE T.R.X 19H15 CROSS TRAINING	16h45 HYROX 17h30 CROSS TRAINING 18h15 HYROX 19H00 HBX | boxing	17H45 HYROX 18H30 CROSS TRAINING 19H15 HBX | boxing	17H00 CROSS TRAINING 17H45 HYROX 18h30 LesMills GRIT | STRENGTH 19h15 HYROX

SPORT AVENUE
SPORT CLUB

ESPACE ZEN

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN	09h15 PILATES	09h15 PILATES		09H15 YOGA	9H15 PILATES REFORMER
	10H00 YOGA	10H00 PILATES REFORMER	10h00 PILATES	10h00 PILATES	10h00 PILATES
	10h45 PILATES REFORMER	11h00 YOGA		10h45 PILATES REFORMER	10h45 YOGA
MIDI	12H30 PILATES REFORMER	12H30 PILATES	12H30 PILATES REFORMER	12H30 PILATES REFORMER	12h30 YOGA
SOIR	17h00 PILATES REFORMER	17h00 YOGA	16h30 PILATES REFORMER		17H00 PILATES
	17h45 PILATES REFORMER	17h45 PILATES	17h30 PILATES	17h45 PILATES REFORMER	17h45 YOGA
	18h45 PILATES	18H30 PILATES REFORMER	18h15 YOGA	18H30 PILATES	18H30 PILATES REFORMER
		19h15 PILATES REFORMER	19h00 PILATES		19h15 PILATES REFORMER

SPORT AVENUE
SPORT CLUB