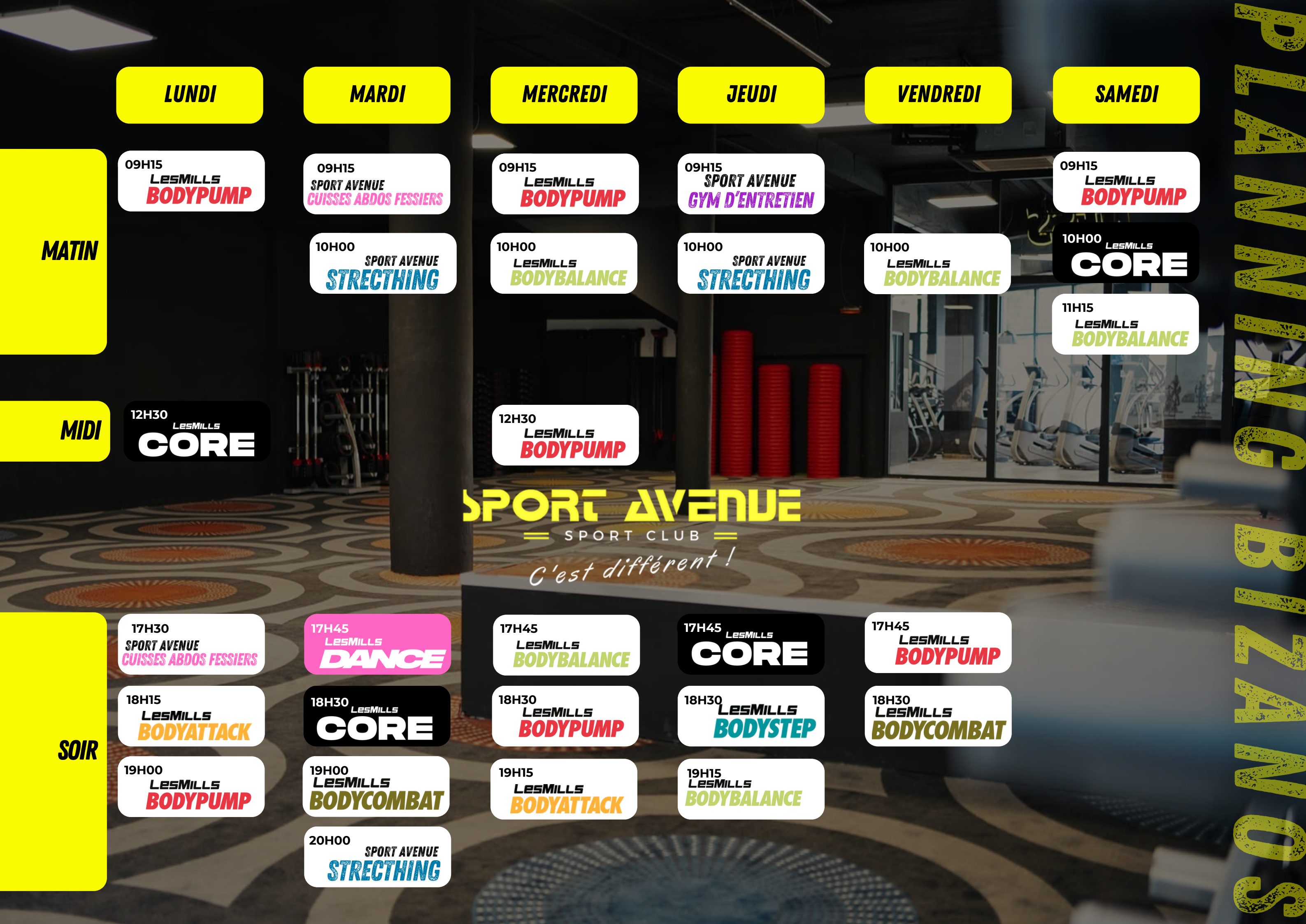




PLANNING
BIZAVOS

SAMEDI

VENDREDI

JEUDI

MERCREDI

MARDI

LUNDI

MATIN

09H15
LES MILLS
BODYPUMP

10H00 LES MILLS
CORE

11H15
LES MILLS
BODYBALANCE

10H00
LES MILLS
BODYBALANCE

09H15
SPORT AVENUE
GYM D'ENTRETIEN

10H00
SPORT AVENUE
STRETCHING

09H15
LES MILLS
BODYPUMP

10H00
LES MILLS
BODYBALANCE

09H15
SPORT AVENUE
CUISSES ABDOS FESSIERS

10H00
SPORT AVENUE
STRETCHING

09H15
LES MILLS
BODYPUMP

MIDI

12H30 LES MILLS
CORE

12H30
LES MILLS
BODYPUMP

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

17H45
LES MILLS
BODYPUMP

18H30
LES MILLS
BODYCOMBAT

17H45 LES MILLS
CORE

18H30
LES MILLS
BODYSTEP

17H45
LES MILLS
BODYBALANCE

18H30
LES MILLS
BODYPUMP

19H15
LES MILLS
BODYATTACK

17H45
LES MILLS
DANCE

18H30 LES MILLS
CORE

19H00
LES MILLS
BODYCOMBAT

20H00
SPORT AVENUE
STRETCHING

17H30
SPORT AVENUE
CUISSES ABDOS FESSIERS

18H15
LES MILLS
BODYATTACK

19H00
LES MILLS
BODYPUMP



PLAY
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S

SAMEDI

VENDREDI

JEUDI

MERCREDI

MARDI

LUNDI

MATIN

10H30 **LES MILLS**
RPM

09H15 **LES MILLS**
RPM

12H30 **LES MILLS**
RPM

12H30 **LES MILLS**
RPM

18H30 **LES MILLS**
sprint

MIDI

SPORT AVENUE
= SPORT CLUB =
C'est différent !

18H30 **LES MILLS**
RPM

18H30 **LES MILLS**
RPM

18H30 **LES MILLS**
RPM

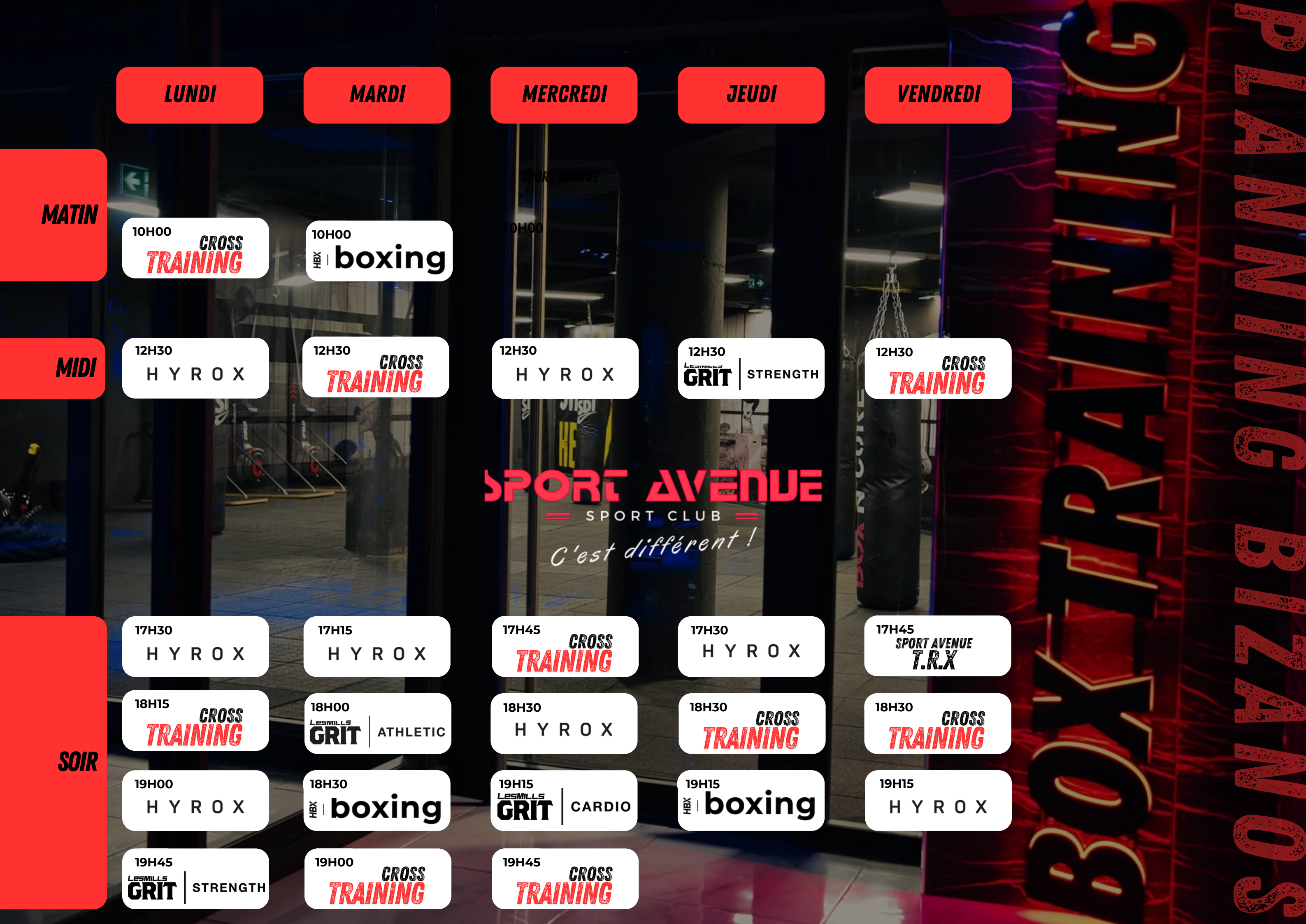
18H30 **LES MILLS**
sprint

18H15 **LES MILLS**
RPM

19H15 **LES MILLS**
sprint

19H15 **LES MILLS**
RPM

SOIR



SPORT AVENUE
= SPORT CLUB =
C'est différent !

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

10H00
**CROSS
TRAINING**

10H00
HBX | **boxing**

MIDI

12H30
H Y R O X

12H30
**CROSS
TRAINING**

12H30
H Y R O X

12H30
**LES MILLS
GRIT** | STRENGTH

12H30
**CROSS
TRAINING**

SOIR

17H30
H Y R O X

17H15
H Y R O X

17H45
**CROSS
TRAINING**

17H30
H Y R O X

17H45
**SPORT AVENUE
T.R.X**

18H15
**CROSS
TRAINING**

18H00
**LES MILLS
GRIT** | ATHLETIC

18H30
H Y R O X

18H30
**CROSS
TRAINING**

18H30
**CROSS
TRAINING**

19H00
H Y R O X

18H30
HBX | **boxing**

19H15
**LES MILLS
GRIT** | CARDIO

19H15
HBX | **boxing**

19H15
H Y R O X

19H45
**LES MILLS
GRIT** | STRENGTH

19H00
**CROSS
TRAINING**

19H45
**CROSS
TRAINING**

BOXING
PILATES
YOGA
BIZZARROS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

PILATES

PILATES

YOGA

YOGA

YOGA

YOGA

FILATES REFORMER

PILATES

PILATES REFORMER

PILATES

FILATES REFORMER

YOGA

PILATES

YOGA

MIDI

PILATES

PILATES REFORMER

**PILATES
REFORMER**

PILATES

**16H45 PILATES
REFORMER**

**FILATES
REFORMER**

YOGA

FILATES REFORMER

**FILATES
REFORMER**

YOGA

PLATES REFORMER

PILATES

PILATES

PILATES

PILATES

PILATES

YOGA

YOGA

PILATES REFORMER

PLATES
REFORMER

PILATES

PILATES REFORMER



SPORT AVENUE
 = SPORT CLUB =
C'est différent !

SOIR

POSTALVING