































PLANNING  
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™	17H45  <b>LES MILLS</b> BODYBALANCE™	17H30  <b>LES MILLS</b> <b>CORE</b>	17H45  <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™	18H30  <b>LES MILLS</b> BODYATTACK™	
	19H00  <b>LES MILLS</b> BODYPUMP™	19H00  <b>LES MILLS</b> BODYATTACK™	19H15  <b>LES MILLS</b> BODYCOMBAT™	19H00  <b>LES MILLS</b> BODYBALANCE™	19H15  <b>LES MILLS</b> <b>CORE</b>	

PLANNING  
BIKE

# SPORT AVENUE

= SPORT CLUB =

**BIZANOS**  
05 24 98 87 95

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	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>	18H30  <b>LES MILLS</b> <b>RPM</b>	
		19H00  <b>LES MILLS</b> <b>RPM</b>			19H15  <b>LES MILLS</b> <b>sprint</b>	





























**PLANNING  
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>	17H45  <b>TRX</b> Suspension Training®
	 <b>ATHLETIC TRAINING</b>	18H30  <b>HBX boxing</b>	18H30  <b>CROSS TRAINING</b>	18H30  <b>HBX fusion</b>	18H30  <b>CROSS TRAINING</b>
	<b>CROSS TRAINING</b> 	19H00  <b>CROSS TRAINING</b>	19H30   <b>ATHLETIC TRAINING</b>	19H15  <b>HBX boxing</b>	19H15  <b>LES MILLS GRIT CARDIO</b>
				19H45  <b>LES MILLS GRIT STRENGTH</b>	


PLANNING  
STUDIO ZEN

# SPORT AVENUE

= SPORT CLUB =

**BIZANOS**  
05 24 98 87 95

Places limitées: inscriptions sur l'application SPORT AVENUE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN		09H15  PILATES		09H15  YOGA	
		10H45  YOGA		10H30  PILATES	
MIDI				12H30  YOGA	
SOIR		17H30  YOGA	18H00  STRECHING MEDITATION		18H00  STRECHING MEDITATION
		18H15  PILATES	18H30  YOGA		18H30  PILATES
		19H00  STRECHING MEDITATION	19H15  PILATES		19H15  YOGA