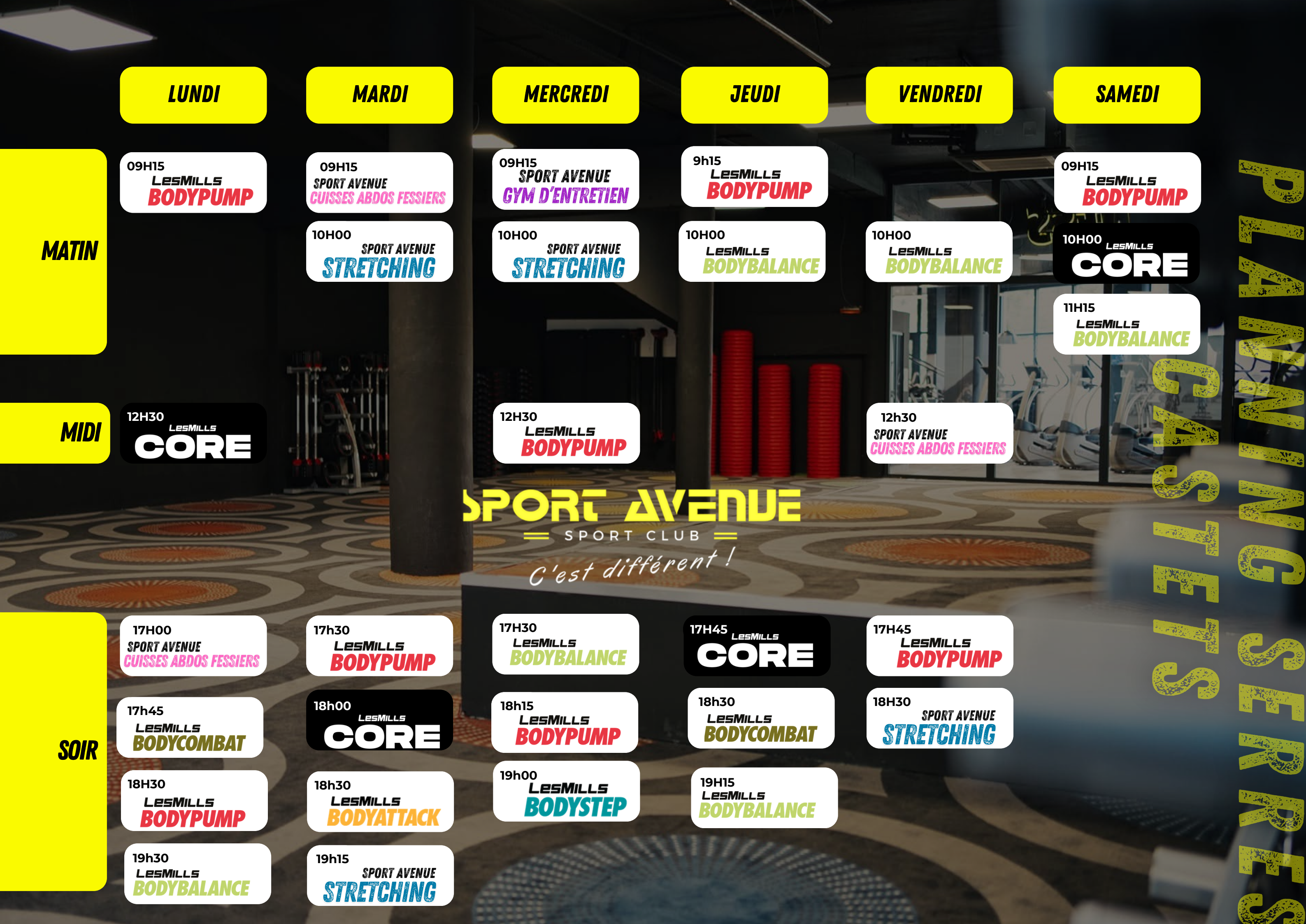




PLANNING
GASTES
SERRES

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

MATIN

09H15
LES MILLS
BODYPUMP

09H15
SPORT AVENUE
CUISSES ABDOS FESSIERS

09H15
SPORT AVENUE
GYM D'ENTRETIEN

9h15
LES MILLS
BODYPUMP

09H15
LES MILLS
BODYPUMP

10H00
SPORT AVENUE
STRETCHING

10H00
SPORT AVENUE
STRETCHING

10H00
LES MILLS
BODYBALANCE

10H00
LES MILLS
BODYBALANCE

10H00 LES MILLS
CORE

11H15
LES MILLS
BODYBALANCE

MIDI

12H30
LES MILLS
CORE

12H30
LES MILLS
BODYPUMP

12h30
SPORT AVENUE
CUISSES ABDOS FESSIERS

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

17H00
SPORT AVENUE
CUISSES ABDOS FESSIERS

17h30
LES MILLS
BODYPUMP

17H30
LES MILLS
BODYBALANCE

17H45
LES MILLS
CORE

17H45
LES MILLS
BODYPUMP

17h45
LES MILLS
BODYCOMBAT

18h00
LES MILLS
CORE

18h15
LES MILLS
BODYPUMP

18h30
LES MILLS
BODYCOMBAT

18H30
SPORT AVENUE
STRETCHING

18H30
LES MILLS
BODYPUMP

18h30
LES MILLS
BODYATTACK

19h00
LES MILLS
BODYSTEP

19H15
LES MILLS
BODYBALANCE

19h30
LES MILLS
BODYBALANCE

19h15
SPORT AVENUE
STRETCHING



PLANNING
CASSIETS
SERIES

SAMEDI

VENDREDI

JEUDI

MERCREDI

MARDI

LUNDI

MATIN

MIDI

SOIR

10H00 **LES MILLS**
RPM

09H15 **LES MILLS**
RPM

12H30 **LES MILLS**
sprint

12H30 **LES MILLS**
RPM

12H30 **LES MILLS**
RPM

10H00 **LES MILLS**
RPM

17H00 **LES MILLS**
RPM

17h30 **LES MILLS**
RPM

18h00 **LES MILLS**
sprint

18H30 **LES MILLS**
RPM

18H30 **LES MILLS**
RPM

19h00 **LES MILLS**
RPM

SPORT AVENUE

== SPORT CLUB ==

C'est différent !



PLANING GASTES SERRES

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

10H45
**CROSS
TRAINING**

10H00
HBX | **boxing**

9h15
H Y R O X

09h15
**SPORT AVENUE
T.R.X**

10h45
H Y R O X

MIDI

12H30
H Y R O X

12H30
H Y R O X

12H30
**LES MILLS
GRIT** | STRENGTH

12H30
**CROSS
TRAINING**

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

17H00
H Y R O X

17H45
H Y R O X

16h45
H Y R O X

17H45
H Y R O X

17H00
**CROSS
TRAINING**

17H45
**CROSS
TRAINING**

18H30
**SPORT AVENUE
T.R.X**

17h30
**CROSS
TRAINING**

18H30
**CROSS
TRAINING**

17H45
H Y R O X

18H30
H Y R O X

19H15
**CROSS
TRAINING**

18h15
H Y R O X

19H15
HBX | **boxing**

18h30
**LES MILLS
GRIT** | STRENGTH

19H00
HBX | **boxing**

19h15
H Y R O X



PILATES
YOGA
MINDFULNESS
STRETCHING
SERVICES

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
12H30 PILATES REFORMER	12H30 PILATES	12H30 PILATES REFORMER	12H30 PILATES REFORMER	12h30 YOGA

MIDI

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 =
C'est différent !