ESPACE FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN	09H15 LesMills BODYPUMP	9H15 GYM ENTRETIEN		9H15 LesMills BODYBALANCE	9H15 LesMills BODYPUMP
	10H00 LesMills BODYBALANCE	10H00 SPORT AVENUE STRETCHING			9H45 SPORT AVENUE STRETCHING
MIDI	12H30 LesMills CORE	12H30 LesMills BODYSTEP	12H30 LesMills BODYPUMP		12H30 SPORT AVENUE CUISSES ABDOS FESSIERS
SOIR	17H45 SPORT AVENUE CUISSES ABDOS FESSIERS	17H45 LesMills CORE	17H45 LesMills BODYBALANCE		
	18H15 LesMills BODYATTACK	18H15 LesMills BODYPUMP	18H30 LesMills BODYSTEP	18H00 LesMills CORE	18H00 LesMills BODYPUMP
	19H00 LesMills BODYPUMP	19H00 LesMills BODYCOMBAT	19H15 SPORT AVENUE CUISSES ABDOS FESSIERS	18H30 LesMills BODYPUMP	18h45 LesMills DANCE
		19H45 LesMills BODYBALANCE			19h30 SPORT AVENUE STRETCHING

SPORT AVENUE
SPORT CLUB

ESPACE ZEN

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN	10H45 PILATES		9h15 PILATES 10h15 PILATES REFORMER 11H00 PILATES REFORMER	10H00 YOGA 10H45 PILATES REFORMER 12H30 PILATES REFORMER	10H15 PILATES REFORMER
SOIR	19H45 YOGA	16H45 PILATES REFORMER	20H00 PILATES REFORMER	17h15 YOGA 19H30 PILATES	17h15 PILATES

SPORT AVENUE
SPORT CLUB

ESPACE CYCLING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MIDI				12H30 LesMILLS sprint	
SOIR	18H15 LesMILLS sprint 19H00 LesMILLS RPM	19H00 LesMILLS RPM	18H30 LesMILLS RPM	18H30 LesMILLS sprint	18H45 LesMILLS RPM

SPORT AVENUE
SPORT CLUB

ESPACE TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MIDI	12H30 HBX | boxing	12H30 HYROX		12H30 ATHLETIC TRAINING	
SOIR	17H45 LesMills GRIT | ATHLETIC	17H45 SPORT AVENUE T.R.X		17H45 HYROX	
	18H15 HYROX	18H15 ATHLETIC TRAINING	18H00 HBX | boxing		18h00 HYROX
		19h00 HYROX	18H30 LesMills GRIT | CARDIO	19H00 SPORT AVENUE T.R.X	18h45 SPORT AVENUE T.R.X
	19H45 SPORT AVENUE T.R.X	19H45 HBX | boxing	19H45 ATHLETIC TRAINING	19H45 LesMills GRIT | STRENGTH	

SPORT AVENUE
SPORT CLUB