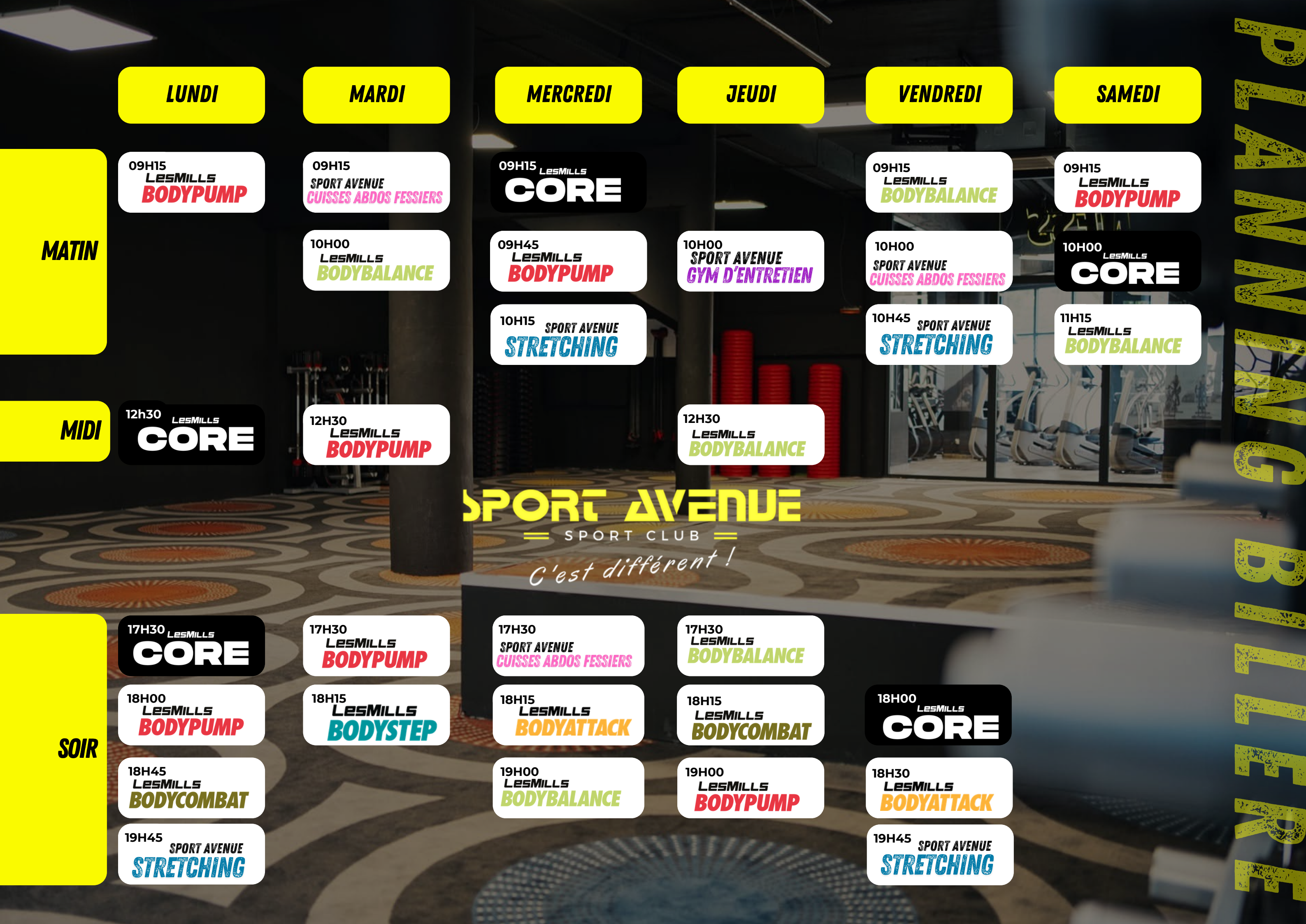




PLANNING  
BILLET

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

MATIN

09H15  
LES MILLS  
**BODYPUMP**

09H15  
SPORT AVENUE  
**CUISSES ABDOS FESSIERS**

09H15 LES MILLS  
**CORE**

09H15  
LES MILLS  
**BODYBALANCE**

09H15  
LES MILLS  
**BODYPUMP**

10H00  
LES MILLS  
**BODYBALANCE**

09H45  
LES MILLS  
**BODYPUMP**

10H00  
SPORT AVENUE  
**GYM D'ENTRETIEN**

10H00  
SPORT AVENUE  
**CUISSES ABDOS FESSIERS**

10H00 LES MILLS  
**CORE**

10H15  
SPORT AVENUE  
**STRETCHING**

10H45  
SPORT AVENUE  
**STRETCHING**

11H15  
LES MILLS  
**BODYBALANCE**

MIDI

12h30 LES MILLS  
**CORE**

12H30  
LES MILLS  
**BODYPUMP**

12H30  
LES MILLS  
**BODYBALANCE**

SPORT AVENUE

== SPORT CLUB ==

*C'est différent !*

SOIR

17H30 LES MILLS  
**CORE**

17H30  
LES MILLS  
**BODYPUMP**

17H30  
SPORT AVENUE  
**CUISSES ABDOS FESSIERS**

17H30  
LES MILLS  
**BODYBALANCE**

18H00  
LES MILLS  
**BODYPUMP**

18H15  
LES MILLS  
**BODYSTEP**

18H15  
LES MILLS  
**BODYATTACK**

18H15  
LES MILLS  
**BODYCOMBAT**

18H00 LES MILLS  
**CORE**

18H45  
LES MILLS  
**BODYCOMBAT**

19H00  
LES MILLS  
**BODYBALANCE**

19H00  
LES MILLS  
**BODYPUMP**

18H30  
LES MILLS  
**BODYATTACK**

19H45  
SPORT AVENUE  
**STRETCHING**

19H45  
SPORT AVENUE  
**STRETCHING**



PLAYMAING  
BUTLER  
RE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

MATIN

10H15 **LES MILLS**  
**RPM**

09H15 **LES MILLS**  
**RPM**

10H30 **LES MILLS**  
**RPM**

MIDI

12H30 **LES MILLS**  
**sprint**

12H30 **LES MILLS**  
**RPM**

12H30 **LES MILLS**  
**RPM**

**SPORT AVENUE**

== SPORT CLUB ==

*C'est différent !*

SOIR

18H15 **LES MILLS**  
**RPM**

18H15 **LES MILLS**  
**sprint**

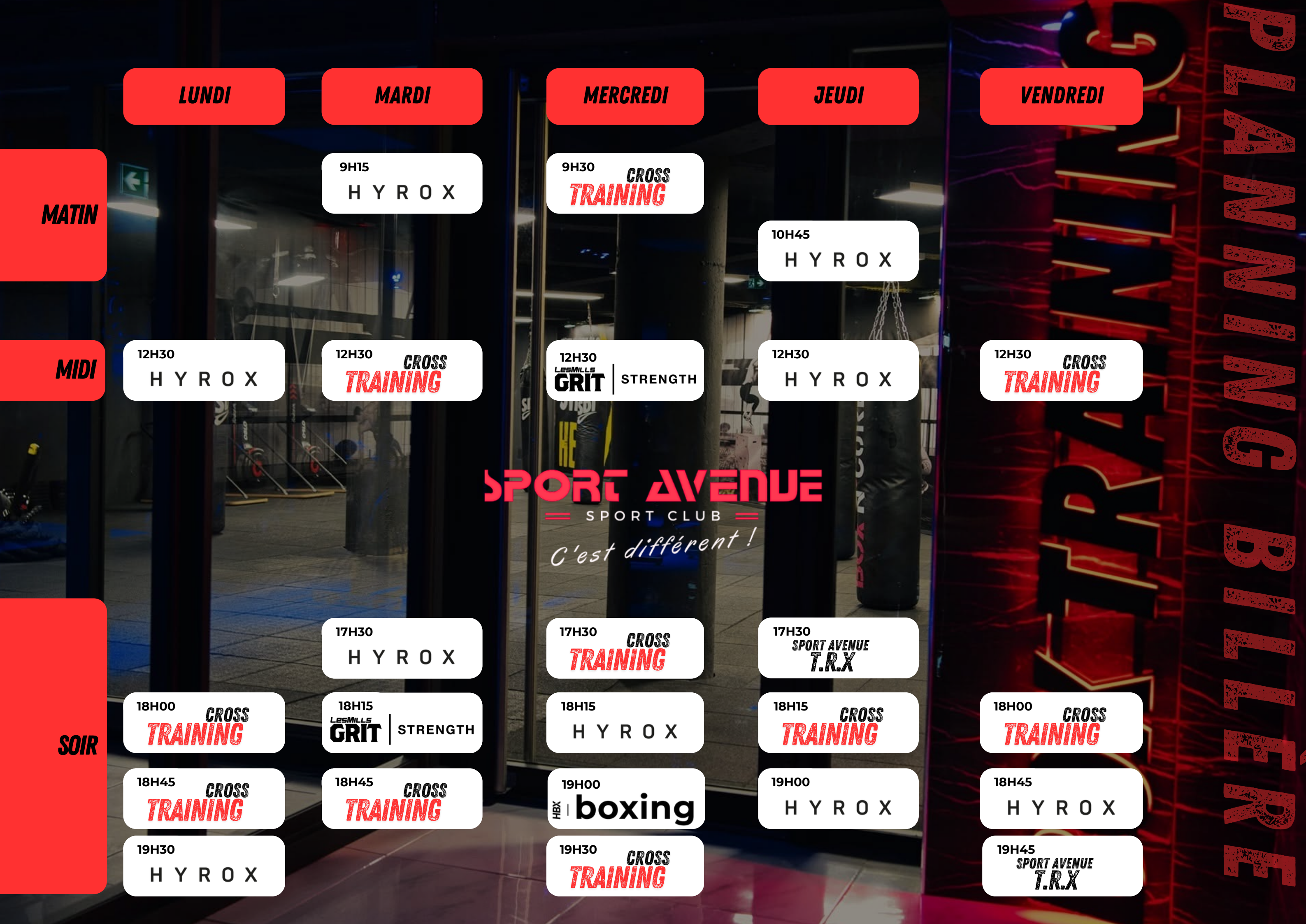
18H30 **LES MILLS**  
**RPM**

18H30 **LES MILLS**  
**sprint**

18H45 **LES MILLS**  
**RPM**

18H45 **LES MILLS**  
**RPM**

19H00 **LES MILLS**  
**RPM**



PLANNING BILLET

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

9H15  
H Y R O X

9H30  
**CROSS  
TRAINING**

10H45  
H Y R O X

MIDI

12H30  
H Y R O X

12H30  
**CROSS  
TRAINING**

12H30  
**LES MILLS  
GRIT** | STRENGTH

12H30  
H Y R O X

12H30  
**CROSS  
TRAINING**

SPORT AVENUE

== SPORT CLUB ==

*C'est différent !*

SOIR

18H00  
**CROSS  
TRAINING**

18H15  
**LES MILLS  
GRIT** | STRENGTH

18H15  
H Y R O X

18H15  
**CROSS  
TRAINING**

18H00  
**CROSS  
TRAINING**

18H45  
**CROSS  
TRAINING**

18H45  
**CROSS  
TRAINING**

19H00  
**HBX | boxing**

19H00  
H Y R O X

18H45  
H Y R O X

19H30  
H Y R O X

19H30  
**CROSS  
TRAINING**

19H45  
**SPORT AVENUE  
T.R.X**



PILATES  
MATIN  
MIDI  
SOIR  
BOUTILLERIE

**LUNDI**

**MARDI**

**MERCREDI**

**JEUDI**

**VENDREDI**

**MATIN**

09H15  
**PILATES**

10H00  
**YOGA**

11H00  
PILATES  
REFORMER

09H15  
**YOGA**

10H15  
**PILATES**

10H00  
PILATES  
REFORMER

11H45  
PILATES  
REFORMER

09H15  
PILATES  
REFORMER

10H00  
PILATES  
REFORMER

10H45  
**PILATES**

**MIDI**

11H00  
PILATES  
REFORMER

12H30  
PILATES  
REFORMER

12H30  
**PILATES**

12H30  
PILATES  
REFORMER

12H30  
**YOGA**

**SPORT AVENUE**

== SPORT CLUB ==

*C'est différent !*

**SOIR**

17H30  
**YOGA**

18H15  
**PILATES**

19H00  
**YOGA**

19H45  
PILATES  
REFORMER

17H30  
**PILATES**

18H15  
PILATES  
REFORMER

19H00  
PILATES  
REFORMER

17H30  
PILATES  
REFORMER

18H15  
**PILATES**

19H30  
**YOGA**

17H30  
**YOGA**

18H15  
**PILATES**

19H00  
**YOGA**

17H00  
PILATES  
REFORMER

17H45  
PILATES  
REFORMER

19H30  
**PILATES**