ESPACE FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	09H15 LesMills BODYPUMP	09H15 SPORT AVENUE CUISSES ABDOS FESSIERS	09H15 LesMills CORE		09H15 LesMills BODYBALANCE	09H15 LesMills BODYPUMP
		10H00 LesMills BODYBALANCE	09H45 LesMills BODYPUMP	10H00 SPORT AVENUE GYM D'ENTRETIEN	10H00 SPORT AVENUE CUISSES ABDOS FESSIERS	10H00 LesMills CORE
			10H15 SPORT AVENUE STRETCHING		10H45 SPORT AVENUE STRETCHING	11H15 LesMills BODYBALANCE
MIDI	12h30 LesMills CORE	12H30 LesMills BODYPUMP		12H30 LesMills BODYBALANCE		
SOIR	17H30 LesMills CORE	17H30 LesMills BODYPUMP	17H30 SPORT AVENUE CUISSES ABDOS FESSIERS	17H30 LesMills BODYBALANCE		
	18H00 LesMills BODYPUMP	18H15 LesMills BODYSTEP	18H15 LesMills BODYATTACK	18H15 LesMills BODYCOMBAT	18H00 LesMills CORE	
	18H45 LesMills BODYCOMBAT	19H00 LesMills CORE	19H00 LesMills BODYBALANCE	19H00 LesMills BODYPUMP	18H30 LesMills BODYATTACK	
	19H45 SPORT AVENUE STRETCHING				19H45 SPORT AVENUE STRETCHING	

SPORT AVENUE
SPORT CLUB

ESPACE CYCLING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	10H15 LesMills RPM			09H15 LesMills RPM		10H30 LesMills RPM
MIDI	12H30 LesMills sprint		12H30 LesMills RPM		12H30 LesMills RPM	
SOIR	18H15 LesMills RPM	18H15 LesMills sprint 18H45 LesMills RPM	18H30 LesMills RPM	18H30 LesMills sprint 19H00 LesMills RPM	18H45 LesMills RPM	

SPORT AVENUE
SPORT CLUB

ESPACE TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN		9H15 HYROX	9H30 CROSS TRAINING	10H45 HYROX	
MIDI	12H30 HYROX	12H30 CROSS TRAINING	12H30 LesMILLS GRIT | STRENGTH	12H30 HYROX	12H30 CROSS TRAINING
SOIR	18H00 CROSS TRAINING 18H45 CROSS TRAINING 19H30 HYROX	17H30 HYROX 18H15 LesMILLS GRIT | STRENGTH 18H45 CROSS TRAINING	17H30 CROSS TRAINING 18H15 HYROX 19H00 HBX | boxing 19H30 CROSS TRAINING	17H30 SPORT AVENUE T.R.X 18H15 CROSS TRAINING 19H00 HYROX	18H00 CROSS TRAINING 18H45 HYROX 19H45 SPORT AVENUE T.R.X

SPORT AVENUE
SPORT CLUB

ESPACE ZEN

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN	09H15 PILATES		09H15 YOGA		09H15 PILATES REFORMER
	10H00 YOGA		10H15 PILATES	10H00 PILATES REFORMER	10H00 PILATES REFORMER
	11H00 PILATES REFORMER	11H00 PILATES REFORMER		11H45 PILATES REFORMER	10H45 PILATES
MIDI		12H30 PILATES REFORMER	12H30 PILATES	12H30 PILATES REFORMER	12H30 YOGA
SOIR	17H30 YOGA	17H30 PILATES	17H30 PILATES REFORMER	17H30 YOGA	17H00 PILATES REFORMER
	18H15 PILATES	18H15 PILATES REFORMER	18H15 PILATES	18H15 PILATES	17H45 PILATES REFORMER
	19H00 YOGA	19H00 PILATES REFORMER	19H30 YOGA	19H00 YOGA	19H30 PILATES
	19H45 PILATES REFORMER				

SPORT AVENUE
SPORT CLUB