



P
L
A
N
M
A
I
N
G
P
A
U

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

09H15
LES MILLS
BODYPUMP

10H00
LES MILLS
BODYBALANCE

10H45
PILATES

9H15
GYM
ENTRETIEN

10H00
SPORT AVENUE
STRETCHING

11H00 PILATES
REFORMER

9H15
LES MILLS
BODYBALANCE

10H00
YOGA

10H45 PILATES
REFORMER

9H15
LES MILLS
BODYPUMP

9H45
SPORT AVENUE
STRETCHING

10H15 PILATES
REFORMER

MIDI

12H30 LES MILLS
CORE

12H30
LES MILLS
BODYSTEP

12H30
LES MILLS
BODYPUMP

10H45 PILATES
REFORMER

12H30
SPORT AVENUE
CUISSSES ABDOS FESSIERS

SOIR

17H45
SPORT AVENUE
CUISSSES ABDOS FESSIERS

18H15
LES MILLS
BODYATTACK

19H00
LES MILLS
BODYPUMP

19H45 LES MILLS
CORE

20H15
YOGA

16H45 PILATES
REFORMER

17H45 LES MILLS
CORE

18H15
LES MILLS
BODYPUMP

19H00
LES MILLS
BODYCOMBAT

19H45
LES MILLS
BODYBALANCE

17H45
LES MILLS
BODYBALANCE

18H30
LES MILLS
BODYSTEP

19H15
SPORT AVENUE
CUISSSES ABDOS FESSIERS

20H00 PILATES
REFORMER

18H00 LES MILLS
CORE

18H30
LES MILLS
BODYPUMP

19H30
PILATES

18H00
LES MILLS
BODYPUMP

18H45
LES MILLS
BODYCOMBAT

19H30
LES MILLS
DANCE

SPORT AVENUE

== SPORT CLUB ==

C'est différent !

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MIDI

12H30
LES MILLS
RPM

SPORT AVENUE
= SPORT CLUB =

C'est différent !

SOIR

18H30
LES MILLS
sprint

19H15
LES MILLS
RPM

18H30
LES MILLS
RPM

19H00
LES MILLS
RPM

18H30
LES MILLS
sprint

18H45
LES MILLS
RPM

P
A
V
A
N
N
I
N
G
P
A
V
A
N
N
I
N
G
P
A
V
A
N
N
I
N
G



SPORT AVENUE
= SPORT CLUB =
C'est différent !

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MIDI

12H30
HBX | **boxing**

12H30
HYROX

12H30 **ATHLETIC
TRAINING**

SOIR

17H45
LES MILLS **GRIT** | **ATHLETIC**

17H45
**SPORT AVENUE
T.R.X**

18H00
HBX | **boxing**

17H45
HYROX

18H15
HYROX

18H15 **ATHLETIC
TRAINING**

18H30
LES MILLS **GRIT** | **CARDIO**

19H00
**SPORT AVENUE
T.R.X**

18H00 **ATHLETIC
TRAINING**

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

19H45
HBX | **boxing**

19H45 **ATHLETIC
TRAINING**

19H45
LES MILLS **GRIT** | **STRENGTH**

19H30
HYROX