






























PLANNING  
FITNESS

# SPORT AVENUE

= SPORT CLUB =

PAU  
0980 86 84 90

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN	09H15  <b>LES MILLS</b> BODYPUMP™	09H15  <b>GYM</b> D'ENTRETIEN		09H15  <b>LES MILLS</b> BODYBALANCE™	09H15  <b>LES MILLS</b> BODYPUMP™
	10H00  <b>LES MILLS</b> BODYBALANCE™	10H00  <b>STRETCHING</b>		10H00  <b>LES MILLS</b> <b>CORE</b>	9H45  <b>STRETCHING</b>
MIDI	12H30  <b>LES MILLS</b> <b>CORE</b>	12H30  <b>LES MILLS</b> BODYATTACK™	12H30  <b>LES MILLS</b> BODYPUMP™		12H30  <b>CUISSES ABDOS</b> <b>FESSIERS</b>
SOIR	17H45  <b>CUISSES ABDOS</b> <b>FESSIERS</b>	17H45  <b>LES MILLS</b> <b>CORE</b>	17H45  <b>LES MILLS</b> BODYBALANCE™		
	18H15  <b>LES MILLS</b> BODYATTACK™	18H15  <b>LES MILLS</b> BODYPUMP™	18H30  <b>LES MILLS</b> BODYSTEP™	18H00  <b>LES MILLS</b> BODYPUMP™	18H00  <b>LES MILLS</b> SH'BAM™
	19H00  <b>LES MILLS</b> BODYPUMP™	19H00  <b>LES MILLS</b> BODYCOMBAT™	19H15  <b>CUISSES ABDOS</b> <b>FESSIERS</b>	19H00  <b>LES MILLS</b> <b>CORE</b>	18H45  <b>LES MILLS</b> BODYPUMP™
	19H45  <b>LES MILLS</b> <b>CORE</b>	19H45  <b>LES MILLS</b> BODYBALANCE™		19H30  <b>LES MILLS</b> BODYATTACK™	19H30  <b>STRETCHING</b>






























PLANNING  
BIKE/BOXTRAINING

# SPORT AVENUE

= SPORT CLUB =

PAU  
09 80 86 84 90

POUR LES COURS HBX, ATHLETIC TRAINING, TRX et GRIT : inscriptions sur l'application Sport Avenue

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN		11H00  <b>TRX</b> Suspension Training™	11H00  <b>HBX fusion</b>		
MIDI	12H30  <b>HBX boxing</b>	12H30  <b>HBX fusion</b>		12H30  <b>LES MILLS RPM</b>    <b>ATHLETIC TRAINING</b>	
SOIR	17H45  <b>LES MILLS GRIT ATHLETIC</b>	17H45  <b>TRX</b> Suspension Training™	18H00  <b>HBX boxing</b>	17H45  <b>HBX fusion</b>	18H00     <b>ATHLETIC TRAINING</b>
	18H15  <b>HBX fusion</b>	18H15     <b>ATHLETIC TRAINING</b>	18H30  <b>LES MILLS GRIT CARDIO</b>	18H15  <b>LES MILLS RPM</b>	18H45  <b>LES MILLS RPM</b>
	18H30  <b>LES MILLS sprint</b>	19H00  <b>LES MILLS RPM</b>	19H15  <b>LES MILLS sprint</b>	19H00  <b>TRX</b> Suspension Training™	19H30  <b>HBX fusion</b>
	19H15  <b>LES MILLS RPM</b>	19H45  <b>HBX boxing</b>	19H45     <b>ATHLETIC TRAINING</b>	19H30  <b>LES MILLS GRIT STRENGTH</b>	
	19H45  <b>TRX</b> Suspension Training™				