

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

09H15
LES MILLS
BODYPUMP

9H15
GYM
ENTRETIEN

9H15
LES MILLS
BODYPUMP

10H00
LES MILLS
BODYBALANCE

10H00
SPORT AVENUE
STRETCHING

10H00
YOGA

9H45
SPORT AVENUE
STRETCHING

10H45
PILATES

11H00 PILATES
REFORMER

10H45 PILATES
REFORMER

10H15 PILATES
REFORMER

MIDI

12H30 LES MILLS
CORE

12H30
LES MILLS
BODYSTEP

12H30
LES MILLS
BODYPUMP

12H30 PILATES
REFORMER

12H30
SPORT AVENUE
CUISSES ABDOS FESSIERS

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

17H45
SPORT AVENUE
CUISSES ABDOS FESSIERS

16H45 PILATES
REFORMER

18H15
LES MILLS
BODYATTACK

18H15
LES MILLS
BODYPUMP

18H30
LES MILLS
BODYSTEP

18H00 LES MILLS
CORE

18H00
LES MILLS
BODYPUMP

19H00
LES MILLS
BODYPUMP

19H00
LES MILLS
BODYCOMBAT

19H15
SPORT AVENUE
CUISSES ABDOS FESSIERS

18H30
LES MILLS
BODYPUMP

19H45
YOGA

19H45
LES MILLS
BODYBALANCE

20H00 PILATES
REFORMER

19H30
PILATES

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SOIR

18H30

LES MILLS
sprint

19H15

LES MILLS
RPM

19H00

LES MILLS
RPM

18H45

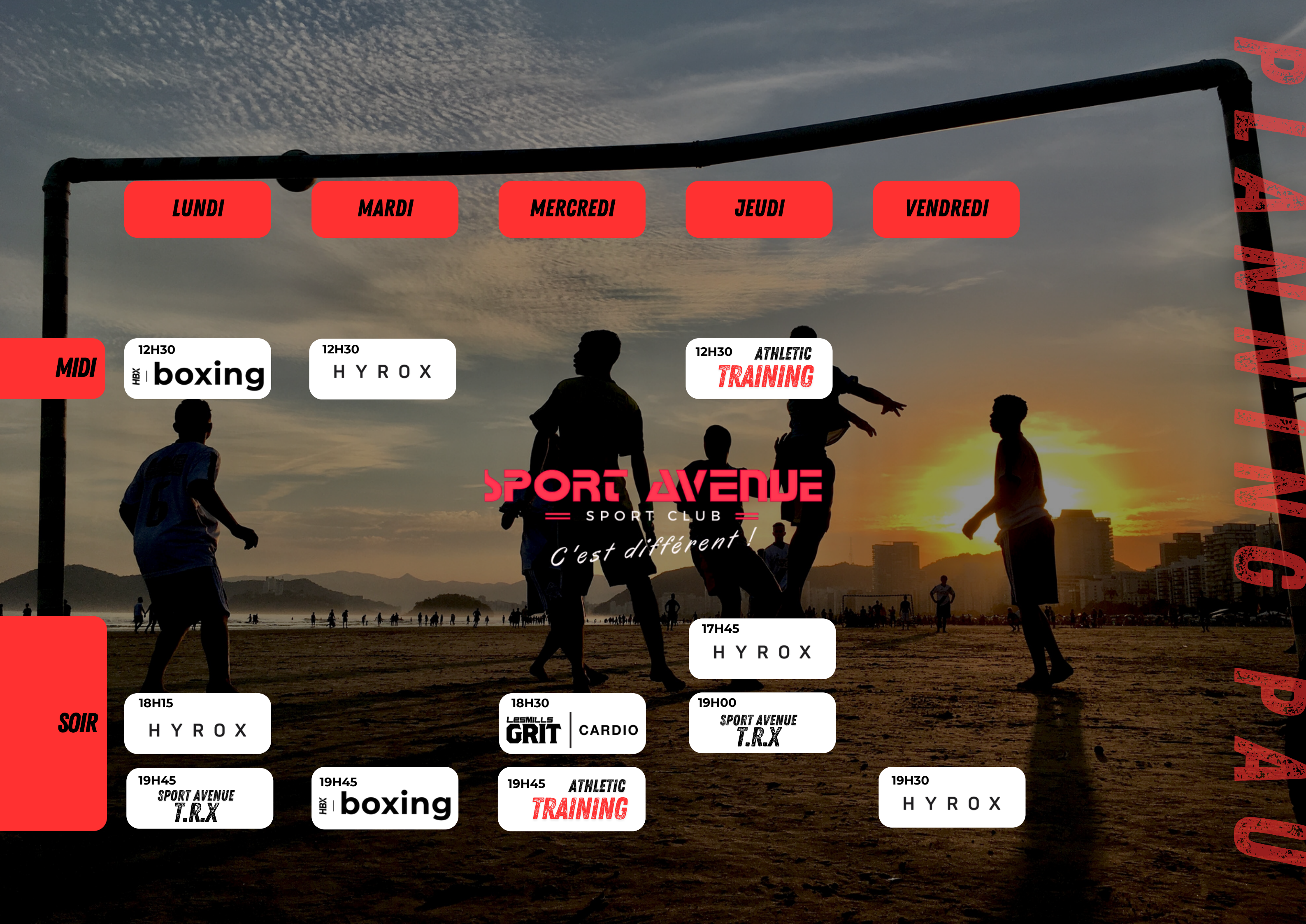
LES MILLS
RPM

SPORT AVENUE

= SPORT CLUB =

C'est différent !

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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MIDI

12H30
HBX | **boxing**

12H30
H Y R O X

12H30 **ATHLETIC
TRAINING**

SOIR

18H15
H Y R O X

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

19H45
HBX | **boxing**

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

19H45 **ATHLETIC
TRAINING**

17H45
H Y R O X

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

19H30
H Y R O X

SPORT AVENUE
= SPORT CLUB =
C'est différent !