

PLANNING  
FITNESS

# SPORT AVENUE

== SPORT CLUB ==

**BIZANOS**  
05 24 98 87 95

|       | LUNDI                                                                                                                                | MARDI                                                                                                                               | MERCREDI                                                                                                                             | JEUDI                                                                                                                                 | VENDREDI                                                                                                                              | SAMEDI                                                                                                                              |
|-------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| MATIN | 09H15 <br><b>LES MILLS</b><br><b>BODYPUMP</b>       | 09H15 <br><b>CUISSES ABDOS</b><br><b>FESSIERS</b> | 09H15 <br><b>LES MILLS</b><br><b>BODYPUMP</b>     | 09H15 <br><b>GYM</b><br><b>D'ENTRETIEN</b>         |                                                                                                                                       | 09H15 <br><b>LES MILLS</b><br><b>BODYPUMP</b>    |
|       |                                                                                                                                      | 10H00 <br><b>STRETCHING</b>                       | 10H00 <br><b>LES MILLS</b><br><b>BODYBALANCE</b>  | 10H00 <br><b>STRETCHING</b>                        | 10H00 <br><b>LES MILLS</b><br><b>BODYBALANCE</b>   | 10h00 <br><b>LES MILLS</b><br><b>CORE</b>        |
|       |                                                                                                                                      |                                                                                                                                     |                                                                                                                                      |                                                                                                                                       |                                                                                                                                       | 11h15 <br><b>LES MILLS</b><br><b>BODYBALANCE</b> |
| MIDI  | 12H30 <br><b>LES MILLS</b><br><b>CORE</b>         |                                                                                                                                     | 12H30 <br><b>LES MILLS</b><br><b>BODYPUMP</b>   |                                                                                                                                       |                                                                                                                                       |                                                                                                                                     |
| SOIR  | 17H30 <br><b>CUISSES ABDOS</b><br><b>FESSIERS</b> | 17H45 <br><b>LES MILLS</b><br><b>BODYPUMP</b>   | 17H45 <br><b>LES MILLS</b><br><b>CORE</b>       | 17H45 <br><b>LES MILLS</b><br><b>BODYBALANCE</b> | 17H45 <br><b>LES MILLS</b><br><b>BODYPUMP</b>    |                                                                                                                                     |
|       | 18H15 <br><b>LES MILLS</b><br><b>BODYATTACK</b>   | 18H30 <br><b>LES MILLS</b><br><b>CORE</b>       | 18H30 <br><b>LES MILLS</b><br><b>DANCE</b>      | 18H30 <br><b>LES MILLS</b><br><b>BODYSTEP</b>    | 18H30 <br><b>LES MILLS</b><br><b>BODYCOMBAT</b>  |                                                                                                                                     |
|       | 19h00 <br><b>LES MILLS</b><br><b>BODYPUMP</b>     | 19H00 <br><b>LES MILLS</b><br><b>BODYCOMBAT</b> | 19H15 <br><b>LES MILLS</b><br><b>BODYATTACK</b> | 19H15 <br><b>LES MILLS</b><br><b>BODYPUMP</b>    | 19H15 <br><b>LES MILLS</b><br><b>CORE</b>        |                                                                                                                                     |
|       | 19H30 <br><b>LES MILLS</b><br><b>BODYBALANCE</b>  | 20h00 <br><b>STRETCHING</b>                     |                                                                                                                                      |                                                                                                                                       | 19H45 <br><b>LES MILLS</b><br><b>BODYBALANCE</b> |                                                                                                                                     |

PLANNING  
BIKE

SPORT AVENUE  
= SPORT CLUB =

BIZANOS  
05 24 98 87 95

|       | LUNDI                                                                                                                      | MARDI                                                                                                                         | MERCREDI                                                                                                                     | JEUDI                                                                                                                           | VENDREDI                                                                                                                       | SAMEDI                                                                                                                     |
|-------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| MATIN | 10h00 <br><b>LesMILLS</b><br><b>RPM</b>   |                                                                                                                               |                                                                                                                              |                                                                                                                                 | 9h15 <br><b>LesMILLS</b><br><b>RPM</b>      | 10H30 <br><b>LesMILLS</b><br><b>RPM</b> |
| MIDI  |                                                                                                                            | 12H30 <br><b>LesMILLS</b><br><b>RPM</b>     |                                                                                                                              | 12H30 <br><b>LesMILLS</b><br><b>RPM</b>     | 12H30 <br><b>LesMILLS</b><br><b>sprint</b> |                                                                                                                            |
| SOIR  | 18H15 <br><b>LesMILLS</b><br><b>RPM</b> | 18H30 <br><b>LesMILLS</b><br><b>sprint</b> | 18H30 <br><b>LesMILLS</b><br><b>RPM</b> | 18H30 <br><b>LesMILLS</b><br><b>RPM</b>    | 18H30 <br><b>LesMILLS</b><br><b>RPM</b>   |                                                                                                                            |
|       |                                                                                                                            | 19h00 <br><b>LesMILLS</b><br><b>RPM</b>    |                                                                                                                              | 19H15 <br><b>LesMILLS</b><br><b>sprint</b> |                                                                                                                                |                                                                                                                            |

PLANNING  
BOX TRAINING

SPORT AVENUE  
= SPORT CLUB =

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|       | LUNDI                                                                                                                                                                                                                 | MARDI                                                                                                                                                    | MERCREDI                                                                                                                                                                                                               | JEUDI                                                                                                                                                    | VENDREDI                                                                                                                                               |
|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| MATIN |                                                                                                                                                                                                                       | 10H00 <br>HBX   <b>boxing</b>                                         | 9h15 <br><i>CROSS</i><br><i>TRAINING</i>                                                                                            |                                                                                                                                                          |                                                                                                                                                        |
| MIDI  | 12H30 <br>HBX   <b>boxing</b>                                                                                                        | 12H30 <br><i>CROSS</i><br><i>TRAINING</i>                             | 12H30 <br>   <b>ATHLETIC</b><br><b>TRAINING</b> | 12H30 <br><small>LES MILLS</small><br><b>GRIT</b>   <b>STRENGTH</b>   | 12H30 <br><i>CROSS</i><br><i>TRAINING</i>                           |
| SOIR  | 17h45 <br>HBX   <b>fusion</b>                                                                                                      | 17h30 <br><b>TRX</b><br><small>Suspension Training®</small>         | 17h45 <br><i>CROSS</i><br><i>TRAINING</i>                                                                                         | 17h45 <br>HBX   <b>fusion</b>                                       | 17h45 <br><b>TRX</b><br><small>Suspension Training®</small>       |
|       | 18h15 <br><i>CROSS</i><br><i>TRAINING</i>                                                                                          | 18H00 <br><small>LES MILLS</small><br><b>GRIT</b>   <b>ATHLETIC</b> | 18h30 <br>HBX   <b>boxing</b>                                                                                                     | 18H30 <br><i>CROSS</i><br><i>TRAINING</i>                           | 18H30 <br><i>CROSS</i><br><i>TRAINING</i>                         |
|       | 19h00 <br>   <b>ATHLETIC</b><br><b>TRAINING</b> | 18H30 <br>HBX   <b>boxing</b>                                       | 19H15 <br><small>LES MILLS</small><br><b>GRIT</b>   <b>CARDIO</b>                                                                 | 19H15 <br>HBX   <b>boxing</b>                                       | 19H15 <br><small>LES MILLS</small><br><b>GRIT</b>   <b>CARDIO</b> |
|       | 19H30 <br><small>LES MILLS</small><br><b>GRIT</b>   <b>STRENGTH</b>                                                                | 19H00 <br><i>CROSS</i><br><i>TRAINING</i>                           | 19H45 <br><i>CROSS</i><br><i>TRAINING</i>                                                                                         | 19H45 <br><small>LES MILLS</small><br><b>GRIT</b>   <b>STRENGTH</b> |                                                                                                                                                        |

PLANNING  
STUDIO ZEN

# SPORT AVENUE

== SPORT CLUB ==

**BIZANOS**  
05 24 98 87 95

|       | LUNDI                                                                                                        | MARDI                                                                                                  | MERCREDI                                                                                                 | JEUDI                                                                                                | VENDREDI                                                                                               |
|-------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| MATIN |                                                                                                              | 09H15 <br>PILATES   |                                                                                                          | 9h15 <br>YOGA     |                                                                                                        |
|       |                                                                                                              | 10H45 <br>YOGA      |                                                                                                          | 10H30 <br>PILATES |                                                                                                        |
| MIDI  |                                                                                                              |                                                                                                        |                                                                                                          | 12h30 <br>YOGA   |                                                                                                        |
| SOIR  | 17h30 <br>vinyasa<br>YOGA | 17h30 <br>YOGA    | 17h45 <br>PILATES   |                                                                                                      | 17h45 <br>PILATES |
|       |                                                                                                              | 18h15 <br>PILATES | 18h30 <br>YOGA      |                                                                                                      | 18h30 <br>YOGA    |
|       | 19h00 <br>vinyasa<br>YOGA | 19h00 <br>YOGA    | 19h15 <br>PILATES   |                                                                                                      | 19H15 <br>PILATES |
|       |                                                                                                              | 19h45 <br>PILATES | 20h00 <br>STRECHING |                                                                                                      |                                                                                                        |

**LES MILLS**  
**BODYCOMBAT**

**LES MILLS**  
**BODYBALANCE**

**LES MILLS**  
**BODYSTEP**

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**DANCE**

**LES MILLS**  
**BODYATTACK**

**LES MILLS**

**RPM**

**LES MILLS**  
**CORE**

**TRX**<sup>®</sup>  
Suspension Training<sup>®</sup>

**LES MILLS**  
**GRIT**

**CARDIO**

**LES MILLS**  
**GRIT**

**ATHLETIC**

**HBX**

**boxing**

**CROSS**  
**TRAINING**

**LES MILLS**  
**GRIT**

**STRENGTH**

**HBX**

**fusion**

*vinyasa*  
**YOGA**