























PLANNING ÉTÉ  
FITNESS

# SPORT AVENUE

= SPORT CLUB =

**BIZANOS**  
05 24 98 87 95







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

PLANNING ÉTÉ  
BIKE

# SPORT AVENUE

= SPORT CLUB =

**BIZANOS**  
05 24 98 87 95

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	10H00  <b>LES MILLS</b> <b>RPM</b>					
MIDI		12H30  <b>LES MILLS</b> <b>RPM</b>				
SOIR	18H15  <b>LES MILLS</b> <b>RPM</b>		18H30  <b>LES MILLS</b> <b>RPM</b>	18H45  <b>LES MILLS</b> <b>sprint</b>	18H30  <b>LES MILLS</b> <b>RPM</b>	




















PLANNING ETE  
BOX TRAINING

# SPORT AVENUE

= SPORT CLUB =

**BIZANOS**  
05 24 98 87 95

Places limitées: inscriptions sur l'application SPORT AVENUE

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
MATIN		10H00  <b>HBX boxing</b>	10H15  <b>CROSS TRAINING</b>		
MIDI	12H30  <b>HBX boxing</b>	12H30  <b>CROSS TRAINING</b>	12H30  <b>LES MILLS GRIT STRENGTH</b>	12H30  <b>ATHLETIC TRAINING</b>	12H30  <b>CROSS TRAINING</b>
SOIR		18H00  <b>LES MILLS GRIT ATHLETIC</b>	18H00  <b>TRX</b> Suspension Training®	18H15  <b>HBX fusion</b>	
	18H30  <b>ATHLETIC TRAINING</b>	18H30  <b>HBX boxing</b>	18H30  <b>CROSS TRAINING</b>	18H45  <b>HBX boxing</b>	
	19H00  <b>CROSS TRAINING</b>			19H15  <b>LES MILLS GRIT STRENGTH</b>	19H15  <b>CROSS TRAINING</b>

PLANNING ÉTÉ  
STUDIO ZEN

# SPORT AVENUE

= SPORT CLUB =

**BIZANOS**  
05 24 98 87 95

Places limitées: inscriptions sur l'application SPORT AVENUE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN		09H15  PILATES	09H15  PILATES	09H15  YOGA	09H15  PILATES
		10H45  YOGA	10H00  YOGA	10H30  PILATES	10H00  STRECHING MEDITATION
MIDI					
SOIR		17H30  YOGA	18H00  STRECHING MEDITATION		18H00  STRECHING MEDITATION
		18H15  PILATES	18H30  YOGA		18H30  PILATES
		19H00  STRECHING MEDITATION	19H15  PILATES		