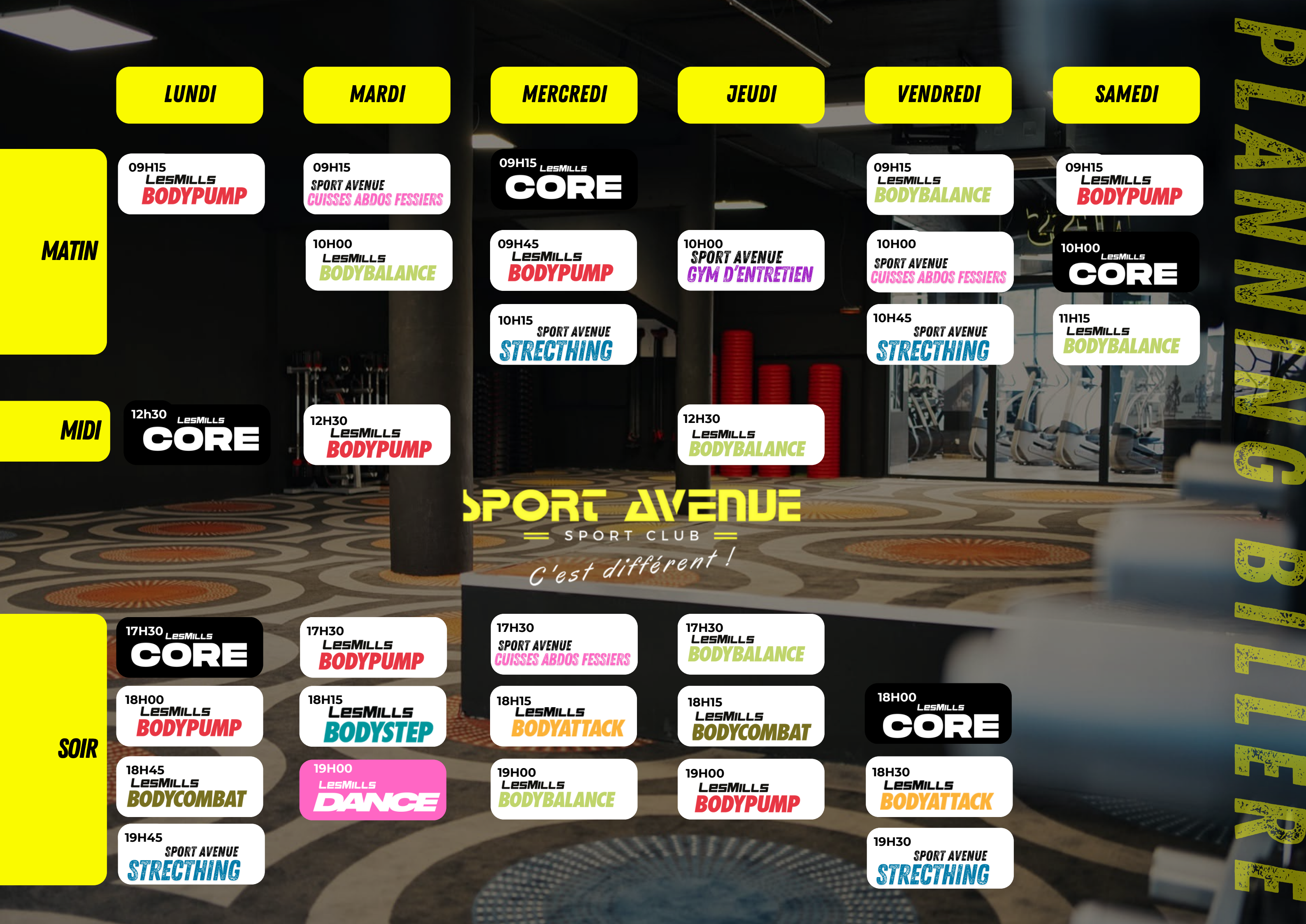




PLANNING
BILLET

SAMEDI

VENDREDI

JEUDI

MERCREDI

MARDI

LUNDI

MATIN

09H15
LES MILLS
BODYPUMP

09H15
LES MILLS
BODYBALANCE

10H00
SPORT AVENUE
GYM D'ENTRETIEN

09H45
LES MILLS
BODYPUMP

10H00
LES MILLS
BODYBALANCE

11H15
LES MILLS
BODYBALANCE

10H45
SPORT AVENUE
STRETCHING

12H30
LES MILLS
BODYBALANCE

10H15
SPORT AVENUE
STRETCHING

12H30
LES MILLS
BODYPUMP

12h30
LES MILLS
CORE

MIDI

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

18H00
LES MILLS
CORE

18H15
LES MILLS
BODYCOMBAT

18H15
LES MILLS
BODYATTACK

18H15
LES MILLS
BODYSTEP

18H00
LES MILLS
BODYPUMP

18H30
LES MILLS
BODYATTACK

19H00
LES MILLS
BODYPUMP

19H00
LES MILLS
BODYBALANCE

19H00
LES MILLS
DANCE

18H45
LES MILLS
BODYCOMBAT

19H30
SPORT AVENUE
STRETCHING

19H45
SPORT AVENUE
STRETCHING



PLAY
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R
E

SAMEDI

VENDREDI

JEUDI

MERCREDI

MARDI

LUNDI

MATIN

MIDI

SOIR

10H30 **LES MILLS**
RPM

12H30 **LES MILLS**
RPM

09H15 **LES MILLS**
RPM

12H30 **LES MILLS**
RPM

10H15 **LES MILLS**
RPM

12H30 **LES MILLS**
sprint

18H45 **LES MILLS**
RPM

18H30 **LES MILLS**
sprint

18H30 **LES MILLS**
RPM

18H15 **LES MILLS**
sprint

18H15 **LES MILLS**
RPM

19H00 **LES MILLS**
RPM

18H45 **LES MILLS**
RPM

SPORT AVENUE
= SPORT CLUB =
C'est différent !



PLANNING
BOULDER
BILLIARD

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

10H15
HYROX

10H15
CROSS
TRAINING

10H45
HYROX

MIDI

12H30
HYROX

12H30
CROSS
TRAINING

12H30
LES MILLS
GRIT | STRENGTH

12H30
HYROX

12H30
CROSS
TRAINING

SPORT AVENUE
= SPORT CLUB =
C'est différent !

SOIR

17H30
CROSS
TRAINING

17H30
HYROX

17H30
CROSS
TRAINING

17H30
SPORT AVENUE
T.R.X

18H30
CROSS
TRAINING

18H15
LES MILLS
GRIT | STRENGTH

18H15
HYROX

18H15
CROSS
TRAINING

18H00
CROSS
TRAINING

19H30
HYROX

18H45
CROSS
TRAINING

19H00
HBX | boxing

19H00
HYROX

18H45
HYROX

19H30
HBX | boxing

19H30
CROSS
TRAINING

19H30
SPORT AVENUE
T.R.X



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

09H15
PILATES

09H15
YOGA

09H15
YOGA

09H15
PILATES
REFORMER

10H15
YOGA

10H30
PILATES
REFORMER

10H15
PILATES

10H15
PILATES
REFORMER

10H00
PILATES
REFORMER

11H30
PILATES
REFORMER

11H15
PILATES
REFORMER

10H45
PILATES

MIDI

12H30
YOGA

12H30
PILATES

12H30
PILATES
REFORMER

12H30
YOGA

SPORT AVENUE

== SPORT CLUB ==

C'est différent !

SOIR

17H30
YOGA

17H30
PILATES

17H30
PILATES

17H30
YOGA

17H30
PILATES
REFORMER

18H15
PILATES

18H30
PILATES
REFORMER

18H30
PILATES

18H15
PILATES

18H30
PILATES
REFORMER

19H00
YOGA

19H15
PILATES
REFORMER

19H30
YOGA

19H15
YOGA

19H30
PILATES

19H45
PILATES