ESPACE FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	09H15 LesMills BODYPUMP	09H15 SPORT AVENUE CUISSES ABDOS FESSIERS	09H15 LesMills BODYPUMP	09H15 SPORT AVENUE GYM D'ENTRETIEN	10H00 LesMills BODYBALANCE	09H15 LesMills BODYPUMP
		10H00 SPORT AVENUE STRETCHING	10H00 LesMills BODYBALANCE	10H00 SPORT AVENUE STRETCHING		10H00 LesMills CORE
						11H15 LesMills BODYBALANCE
MIDI	12H30 LesMills CORE		12H30 LesMills BODYPUMP			
SOIR	17H30 SPORT AVENUE CUISSES ABDOS FESSIERS	18h00 LesMills BODYPUMP	17H15 LesMills BODYATTACK	17H45 LesMills CORE	17H45 LesMills BODYPUMP	
	18H15 LesMills BODYATTACK	18H30 LesMills CORE	17H45 LesMills BODYBALANCE	18H30 LesMills BODYSTEP	18H30 LesMills BODYCOMBAT	
	19H00 LesMills BODYPUMP	19H00 LesMills BODYCOMBAT	18H30 LesMills BODYPUMP	19H15 LesMills BODYBALANCE		
		20H00 SPORT AVENUE STRETCHING	19H15 LesMills DANCE			

SPORT AVENUE
SPORT CLUB

ESPACE CYCLING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	10H00 LesMills RPM				09H15 LesMills RPM	10H30 LesMills RPM
MIDI		12H30 LesMills RPM		12H30 LesMills RPM	12H30 LesMills sprint	
SOIR	18H15 LesMills RPM	18H30 LesMills sprint 19H00 LesMills RPM	18H30 LesMills RPM	18H30 LesMills RPM	18H30 LesMills RPM	

SPORT AVENUE
SPORT CLUB

ESPACE TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN			9h15 HYROX	9h15 LesMills GRIT ATHLETIC	
	10H45 CROSS TRAINING	10H00 HBX boxing	10H00	10h45 HYROX	
MIDI	12H30 HYROX	12H30 CROSS TRAINING	12H30 HYROX	12H30 LesMills GRIT STRENGTH	12H30 CROSS TRAINING
SOIR	17H30 HYROX	17H15 HYROX	17h00 HYROX	17H45 HYROX	17H15 LesMills GRIT STRENGTH
	18H15 CROSS TRAINING	18H00 LesMills GRIT ATHLETIC	17H45 CROSS TRAINING	18H30 CROSS TRAINING	17H45 HYROX
	19H00 HYROX	18H30 HBX boxing	18H30 HYROX	19H15 HBX boxing	18H30 CROSS TRAINING
		19H00 CROSS TRAINING	19H15 CROSS TRAINING		19H15 HYROX

SPORT AVENUE
SPORT CLUB

ESPACE ZEN

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN	09H15 PILATES	09H15 PILATES		09H15 YOGA	09H15 PILATES REFORMER
	10H00 YOGA	10H05 PILATES REFORMER	10H00 PILATES	10h00 PILATES	10h05 PILATES
	10H50 PILATES REFORMER	10H55 YOGA		10h50 PILATES REFORMER	10h50 YOGA
MIDI		12H30 PILATES	12H30 PILATES REFORMER	12H30 PILATES REFORMER	12H30 PILATES
SOIR	17H30 PILATES REFORMER	17H15 YOGA	16h15 PILATES REFORMER 17h00 PILATES REFORMER	17h45 PILATES REFORMER	17H00 PILATES
	18H15 PILATES REFORMER	18H00 PILATES	17h50 PILATES	18H30 PILATES	17H45 YOGA
	19H15 PILATES	18H45 YOGA	18h35 YOGA		18H35 PILATES REFORMER
		19H45 PILATES REFORMER	19h20 PILATES		19H20 PILATES REFORMER

SPORT AVENUE
SPORT CLUB