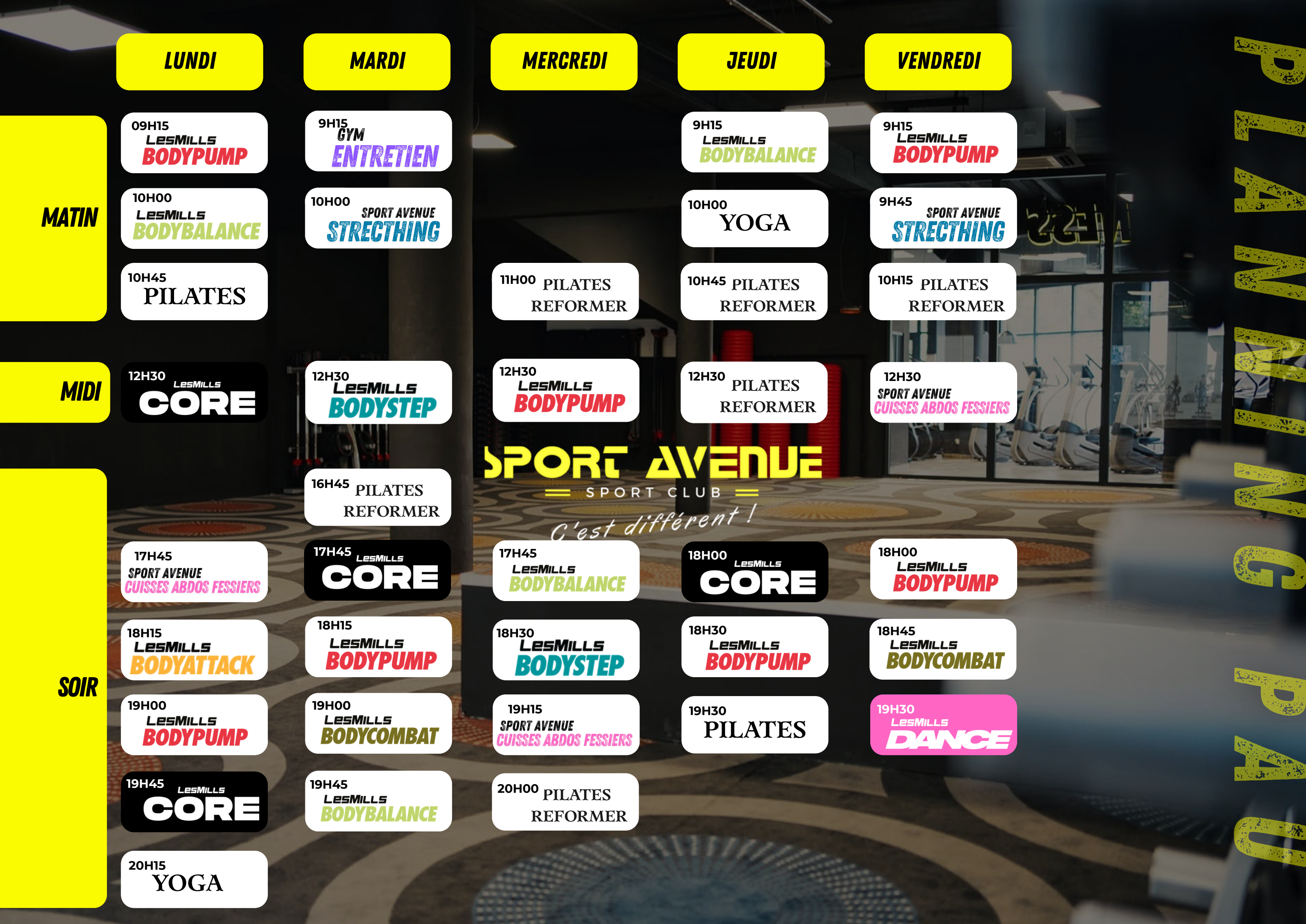




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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MATIN

09H15
LES MILLS
BODYPUMP

9H15
GYM
ENTRETIEN

9H15
LES MILLS
BODYBALANCE

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
CUISSSES ABDOS FESSIERS

SOIR

16H45
PILATES
REFORMER

17H45
SPORT AVENUE
CUISSSES ABDOS FESSIERS

17H45
LES MILLS
CORE

17H45
LES MILLS
BODYBALANCE

18H00
LES MILLS
CORE

18H00
LES MILLS
BODYPUMP

18H15
LES MILLS
BODYATTACK

18H15
LES MILLS
BODYPUMP

18H30
LES MILLS
BODYSTEP

18H30
LES MILLS
BODYPUMP

18H45
LES MILLS
BODYCOMBAT

19H00
LES MILLS
BODYPUMP

19H00
LES MILLS
BODYCOMBAT

19H15
SPORT AVENUE
CUISSSES ABDOS FESSIERS

19H30
PILATES

19H30
LES MILLS
DANCE

19H45
LES MILLS
CORE

19H45
LES MILLS
BODYBALANCE

20H00
PILATES
REFORMER

20H15
YOGA

SPORT AVENUE
= SPORT CLUB =
C'est différent !

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MIDI

12H30

LES MILLS
RPM

SPORT AVENUE

SPORT CLUB

C'est différent !

18H15

LES MILLS
sprint

19H15

LES MILLS
RPM

18H30

LES MILLS
RPM

18H30

LES MILLS
sprint

18H45

LES MILLS
RPM

SOIR



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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

MIDI

12H30
HBX | **boxing**

12H30
H Y R O X

12H30 **ATHLETIC
TRAINING**

SPORT AVENUE

== SPORT CLUB ==

C'est différent !

SOIR

17H45
LES MILLS **GRIT** | **ATHLETIC**

17H45
**SPORT AVENUE
T.R.X**

18H00
HBX | **boxing**

17H45
H Y R O X

18H15
H Y R O X

18H15 **ATHLETIC
TRAINING**

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

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

18H00 **ATHLETIC
TRAINING**

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

19H45
HBX | **boxing**

19H45 **ATHLETIC
TRAINING**

19H45
LES MILLS **GRIT** | **STRENGTH**

19H30
H Y R O X