

























PLANNING ÉTÉ
FITNESS

SPORT AVENUE

= SPORT CLUB =

BILLERE
0559724197

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








PLANNING ÉTÉ
BOX TRAINING

SPORT AVENUE

= SPORT CLUB =

BILLERE
05 59 72 41 97

Places limitées: inscriptions sur l'application CLUB CONNECT









	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN					
MIDI		12H30  CROSS TRAINING 		12H30  LES MILLS GRIT STRENGTH	12H30  CROSS TRAINING 
SOIR	19H00  CROSS TRAINING 		19H00  HBX boxing		18H00  CROSS TRAINING 
		19H30  LES MILLS GRIT STRENGTH	19H30  CROSS TRAINING 	19H15  CROSS TRAINING 	

PLANNING ÉTÉ
BIKE

SPORT AVENUE

= SPORT CLUB =

BILLERE
0559724197

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN				10H15  LES MILLS RPM		
MIDI	12H30  LES MILLS sprint		12H30  LES MILLS RPM		12H30  LES MILLS RPM	
SOIR	18H15  LES MILLS RPM	18H30  LES MILLS RPM		18H30  LES MILLS RPM		
					18H45  LES MILLS RPM	











PLANNING ÉTÉ
STUDIO ZEN

SPORT AVENUE

= SPORT CLUB =

BILLERE
05 59 72 41 97

Places limitées: inscriptions sur l'application CLUB CONNECT

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
MATIN	09H15  PILATES				
	10H15  YOGA		10H15  YOGA		10H15  PILATES
MIDI		12H30  YOGA	12H30  PILATES		
SOIR	18H45  YOGA			18H15  PILATES	
	19H15  STRETCHING MEDITATION			19H15  YOGA	