

PLANNING COURS COLLECTIFS

2026 / 27

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
Ouverture 7h45	Ouverture 7h45	Ouverture 9h	Ouverture 7h45	Ouverture 9h	Ouverture 9h
	8h15 FIT ZEN 45'		8h30 ABDOS/FESSIERS 30'		
9h30 PILATES 45'	9h30 FORM 45'	BODY 9h30 BODY FORM 45'	9h30 FORM 45'	BODY 9h30 PILATES 45'	9h30 TACF 45'
	10h15 STRETCHING 15'	10h15 STRETCHING 15'	10h15 STRETCHING 15'		10h15 STRETCHING 45'
11h BODY FORM 45'	11h PILATES 45'		11h PILATES 45'	10h45 BODY FORM 45'	11h BODY BARRE 45'
11h45 STRETCHING 30'	11h45 HIIT 30'			11h45 HIIT 30'	11h15 RUN'HIIT 60'
12h30 HIIT 30'	12h15 BODY FORM 45'	12h15 ABDOS/FESSIERS 30'	12h15 TRAINING FIT 45'	12h15 BODY FORM 45'	
13h TACF 45'	13h PILATES 45'	12h45 Tonic Fit / Fit Combat 30'	13h STRETCHING 45'	13h KRAV MAGA	Fermeture 13h
			15h PILATES 45'		
15h45 BODY FORM 45'	16h15 STEP 45'	15h45 STRETCHING 45'		16h ABDOS/FESSIERS 30'	
16h30 FIT ZEN / Stretching 45'	17h BODY FORM 30'	16h30 BODY FORM 45'		16h30 FIT ZEN 45'	
17h15 BODY FORM 45'	17h30 PILATES 45'	17h30 TRAINING FIT 45'	17h15 45'	TACF 17h30 BODY FORM 45'	
18h STRETCHING 45'	18h15 BODY FORM 45'	18h15 LIA 45'	18h PILATES 45'	18h15 STRETCHING 30'	Détente
18h45 LIA 45'	19h STRETCHING 45'	19h TACF 45'	18h45 BODY BARRE 45'	18h45 Tonic Fit / Fit Combat 30'	Interval
19h30 TACF 45'	19h45 STEP 45'	19h45 BODY BARRE 45'	19h30 TONIC FIT 45'	19h30 TRAINING FIT 45'	Cardio
20h45 KRAV MAGA	20h45 KRAV MAGA	20h45 KRAV MAGA	20h45 KRAV MAGA		Renforcement
Fermeture 21h	Fermeture 21h	Fermeture 21h	Fermeture 21h	Fermeture 21h	