PLANNING COURS COLLECTIFS

PLANNING DISPONIBLE À PARTIR DU 14 SEPTEMBRE 2026

CENTRAL FIT
CLUB DE SPORT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h00 (45') BODYSCULPT	10h00 (30') CUISSES ABDOS FESSIERS	10h00 (45') SMALL GROUP TRAINING	9h30 (45') BODYSCULPT	10h30 (45') PILATES MAT	10h00 (60') LesMills BODYPUMP	10h00 (45') CUISSES ABDOS FESSIERS
10h45 (45') CUISSES ABDOS FESSIERS	10h30 (30') PILATES MAT		10h15 (45') PILATES MAT	11h15 (30') CUISSES ABDOS FESSIERS	10h00 (60') HATHA YOGA	10h30 (60') HYBRID TRAINING
11h30 (45') STRETCHING MOBILITÉ			11h00 (45') STRETCHING		11h00 (45') LesMills BODYATTACK	10h45 (45') PILATES MAT
					11h00 (60') ZUMBA	11h30 (30') HIIT
12h30 (45') LesMills RPM	12h30 (45') CIRCUIT TRAINING	12h30 (45') HYBRID TRAINING	12h30 (45') CIRCUIT TRAINING	12h30 (45') CIRCUIT TRAINING	11h45 (45') LesMills RPM	11h30 (30') MOBILITÉ
						12h00 (45') BODYSCULPT
18h00 (45') LesMills BODYPUMP	18h30 (45') FULL BODY	18h00 (45') PILATES MAT	18h00 (45') CUISSES ABDOS FESSIERS	18h00 (45') MOBILITÉ		
18h30 (45') HYBRID TRAINING	18h45 (30') PILATES MAT	18h45 (30') CUISSES ABDOS FESSIERS	18h45 (45') PILATES MAT	18h45 (45') LesMills BODYPUMP		
18h45 (30') LesMills RPM	19h15 (45') CARDIO BOXING	19h15 (45') FULL BODY	19h00 (60') HATHA YOGA	19h30 (45') HYBRID TRAINING		
19h15 (45') LesMills BODYPUMP HEAVY	19h15 (45') FUNCTIONAL TRAINING	20h00 (45') STEP AFRO	19h30 (45') LesMills BODYPUMP			
19h15 (45') PILATES MAT	20h00 (45') HYBRID TRAINING		20h15 (60') ZUMBA			
20h00 (45') HYBRID TRAINING	20h00 (30') MOBILITÉ					
20h00 (60') HATHA YOGA						

HORAIRES DU CLUB

LUNDI À JEUDI	7H00 - 22H00
VENDREDI	7H00 - 21H00
SAMEDI- DIMANCHE	9H00 - 19H00

07 85 06 57 20

centralfitcharenton@gmail.com

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ACCÈS AUX COURS SUR RÉSERVATION VIA L'APPLICATION **CENTRAL FIT**

OUVERTURE DES RÉSERVATIONS LA VEILLE À PARTIR DE **9H**