

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	09h30 (30') BODYSCULPT 10h00 (45') PILATES MAT 10h45 (30') CUISSES ABDOS FESSIERS 11h15 (30') STRETCHING	10h30 (45') PILATES MAT 11h15 (30') CUISSES ABDOS FESSIERS	10h00 (60') LES MILLS BODYPUMP 10h00 (60') HATHA YOGA 11h00 (45') LES MILLS BODYATTACK 11h00 (60') ZUMBA 11h45 (45') LES MILLS RPM	10h00 (45') CUISSES ABDOS FESSIERS 10h30 (60') HYBRID TRAINING 10h45 (45') PILATES MAT 11h30 (30') HIIT 11h30 (30') MOBILITÉ 12h00 (45') BODYSCULPT
10h45 (45') CUISSES ABDOS FESSIERS 11h30 (30') STRETCHING	10h30 (30') PILATES MAT					
12h30 (45') LES MILLS RPM	12h30 (45') CIRCUIT TRAINING	12h30 (45') HYBRID TRAINING	12h30 (45') MOBILITÉ	12h30 (45') CIRCUIT TRAINING		
18h30 (45') LES MILLS BODYPUMP HEAVY	18h30 (45') FULL BODY	18h30 (45') LES MILLS RPM	18h00 (45') CUISSES ABDOS FESSIERS	18h00 (45') MOBILITÉ		
18h30 (45') MOBILITÉ	18h45 (30') PILATES MAT	18h30 (45') CUISSES ABDOS FESSIERS	18h45 (45') PILATES MAT	18h45 (45') LES MILLS BODYPUMP		
19h15 (45') HYBRID TRAINING	19h15 (45') LES MILLS BODYCOMBAT	19h15 (45') PILATES MAT	19h00 (60') HATHA YOGA	19h30 (45') HYBRID TRAINING		
19h15 (45') LES MILLS BODYPUMP	19h15 (45') FUNCTIONAL TRAINING	19h15 (45') FULL BODY	19h30 (45') LES MILLS BODYPUMP			
20h00 (30') LES MILLS RPM	20h00 (45') LES MILLS BODYPUMP HEAVY	20h00 (45') LES MILLS BODYATTACK	20h15 (60') ZUMBA			
20h00 (45') PILATES MAT	20h00 (30') MOBILITÉ	20h00 (45') STEP AFRO				
20h00 (60') HATHA YOGA						

HORAIRES DU CLUB

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

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ACCÈS AUX COURS SUR RÉSERVATION VIA L'APPLICATION CENTRAL FIT
OUVERTURE DES RÉSERVATIONS LA VEILLE À PARTIR DE 9H