

PLANNING COURS COLLECTIFS

CENTRAL FIT

PLANNING DISPONIBLE À PARTIR DU 14 SEPTEMBRE 2026

CLUB DE SPORT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h00 (45') BODYSCULPT 10h45 (45') CUISSSES ABDOS FESSIERS 11h30 (30') STRETCHING 12h30 (45') LES MILLS RPM 18h30 (45') LES MILLS BODYPUMP HEAVY 18h30 (45') LES MILLS BODYATTACK 19h15 (45') HYROX TRAINING 19h15 (45') LES MILLS BODYPUMP HEAVY 20h00 (30') LES MILLS RPM 20h00 (45') PILATES MAT 20h00 (60') HATHA YOGA	10h00 (30') CUISSSES ABDOS FESSIERS 10h30 (30') PILATES MAT 12h30 (45') CIRCUIT TRAINING 18h30 (45') FULL BODY 18h45 (30') PILATES MAT 19h15 (45') CARDIO BOXING 19h15 (45') FUNCTIONAL TRAINING 20h00 (45') LES MILLS BODYPUMP HEAVY 20h00 (30') MOBILITÉ	10h00 (45') SMALL GROUP TRAINING 12h30 (45') HYROX TRAINING 18h30 (45') LES MILLS RPM 18h30 (45') CUISSSES ABDOS FESSIERS 19h15 (45') PILATES MAT 19h15 (45') FULL BODY 20h00 (45') LES MILLS BODYATTACK 20h00 (45') STEP AFRO	09h30 (30') BODYSCULPT 10h00 (45') PILATES MAT 10h45 (30') CUISSSES ABDOS FESSIERS 11h15 (30') STRETCHING 12h30 (45') PILATES MAT & MOBILITÉ 18h00 (45') CUISSSES ABDOS FESSIERS 18h45 (45') PILATES MAT 19h00 (60') HATHA YOGA 19h30 (45') LES MILLS BODYPUMP 20h15 (60') ZUMBA	10h30 (45') PILATES MAT 11h15 (30') CUISSSES ABDOS FESSIERS 12h30 (45') CIRCUIT TRAINING 18h00 (45') MOBILITÉ 18h45 (45') LES MILLS BODYPUMP 19h30 (45') HYROX TRAINING	10h00 (60') LES MILLS BODYPUMP 10h00 (60') HATHA YOGA 11h00 (45') LES MILLS BODYATTACK 11h00 (60') ZUMBA 11h45 (45') LES MILLS RPM	10h00 (45') CUISSSES ABDOS FESSIERS 10h30 (60') HYROX TRAINING 10h45 (45') PILATES MAT 11h30 (30') HIIT 11h30 (30') MOBILITÉ 12h00 (45') BODYSCULPT