

A PARTIR DU 1ER JANVIER 20256

CENTRAL FIT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h00 (30') BODYSculPT 10h30 (45') PILATES 11h15 (30') STRETCHING 12h30 (45') LES MILLS RPM 18h30 (30') PILATES 19h00 (60') LES MILLS BODYPUMP 20h00 (30') HIIT 20h00 (60') YOGA VINYASA 20h30 (90') KRAV MAGA 20h30 (45') LES MILLS RPM	10h00 (30') CUISSSES ABDOS FESSIERS 10h30 (30') MOBILITÉ 12h30 (45') CIRCUIT TRAINING 18h00 (30') CUISSSES ABDOS FESSIERS 18h30 (45') FUNCTIONAL TRAINING 19h15 (45') LES MILLS BODYPUMP 20h00 (30') MOBILITE 20h00 (45') HYROX TRAINING	10h00 (45') SMALL GROUP TRAINING 12h30 (45') HYROX TRAINING 18h00 (45') PILATES 18h45 (30') HIIT 19h15 (45') BODYSculPT 20h00 (45') STEP AFRO 20h15 (90') KRAV MAGA	7h15 (45') SMALL GROUP TRAINING 09h30 (45') PILATES 10h15 (45') LES MILLS BODYPUMP 11h00 (30') LES MILLS RPM 12h30 (45') MOBILITE 18h00 (45') CUISSSES ABDOS FESSIERS 18h45 (45') LES MILLS BODYATTACK 18h45 (60') YOGA VINYASA 19h30 (45') LES MILLS BODYPUMP 19h45 (45') PILATES 20h15 (45') ZUMBA	10h30 (45') LES MILLS BODYPUMP 12h15 (45') CIRCUIT TRAINING 13h00 (30') CUISSSES FESSIERS 18h15 (45') CROSS TRAINING 19h00 (45') LES MILLS BODYPUMP 19h45 (45') LES MILLS RPM	09h45 (30') ABDOS FESSIERS 10h15 (30') LES MILLS BODYATTACK 10h45 (45') LES MILLS BODYPUMP 10h45 (60') ZUMBA 11h30 (45') LES MILLS RPM 12h15 (45') MOBILITE 09h45 (45') PILATES 10h45 (60') HATHA YOGA 10h30 (30') CUISSSES ABDOS FESSIERS 11h00 (45') BODYSculPT 11h45 (45') STEP AFRO	
INFOS DU CLUB LUNDI À JEUDI VENDREDI SAMEDI DIMANCHE 7H00 - 22H00 7H00 - 21H00 9H00 - 19H00 9H00 - 17H00 centralfitcharenton@gmail.com 07 85 06 57 20 RESERVATION LesMills, Yoga, Pilates SUR L'APP CLUB CONNECT A PARTIR DE 8H LA SEMAINE / 9H LE WEEK END						