

Planning des cours collectifs 2026

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
07h15 -> 45' BODY-SCULPT	7h15 -> 30' HIIT	07h15 -> 45' CROSS TRAINING	07h15 -> 45' LES MILLS BODYPUMP	07h15 -> 45' CROSS TRAINING		
	8h45 -> 45' RENFO POSTURAL		08h45 -> 45' BODY SCULPT			
09h30 -> 45' RENFO POSTURAL	09h30 -> 45' CAF	09h30 -> 45' BODY SCULPT	09h30 -> 45' OXYGENE	09h30 -> 45' CAF	09h30 -> 45' LES MILLS BODYCOMBAT	09h30 -> 45' CROSS TRAINING
10h15 -> 45' CAF	10h15 -> 45' OXYGENE	10h15 -> 45' STRETCHING	10h15 -> 45' RENFO POSTURAL	10h15 -> 45' STRETCHING	10h15 -> 45' BODY SCULPT	10h15 -> 45' LES MILLS BODYPUMP
					11h15 -> 45' SPINNING	11h15 -> 45' RENFO POSTURAL
						12h00 -> 30' STRETCHING
12h30 -> 45' LES MILLS BODYCOMBAT	12h30 -> 45' CROSS TRAINING	12h30 -> 45' BODY SCULPT	12h30 -> 45' BODY SCULPT	12h30 -> 45' CROSS TRAINING	12h30 -> 45' LES MILLS BODYCOMBAT	
13h15 -> 45' LES MILLS BODYPUMP	13h15 -> 30' STRETCHING	13h15 -> 30' HIIT	13h15 -> 30' ABDOS FLASH	13h15 -> 45' BODY SCULPT		
17h30 -> 45' OXYGENE	17h30 -> 45' CAF	17h30 -> 45' RENFO POSTURAL	17h30 -> 45' BODY SCULPT	17h30 -> 45' LES MILLS BODYPUMP		
18h20 -> 45' BODY SCULPT	18h20 -> 45' LES MILLS BODYPUMP	18h20 -> 45' LES MILLS BODYCOMBAT	18h20 -> 30' LES MILLS GRIT	18h20 -> 45' SPINNING		
19h10 -> 45' CROSS TRAINING	19h10 -> 45' LES MILLS BODYCOMBAT	19h10 -> 45' LES MILLS BODYPUMP	19h10 -> 45' STRETCHING	19h10 -> 45' OXYGENE		