

Planning Cours Collectifs été 2026

(Du 22 juin au 30 aout 2026)

Accès libre 7j/7 - 6h/23h



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	10h - 10h45 SENIORS	10h - 10h45 GYM DOUCE	10h - 10h30 CUISSES FESSIERS 10h30 - 11h ABDOS FLASH	10h - 10h45 YOGA / STRETCHING	10h - 10h30 BODYSCULPT 10h30 - 11h ABDOS FLASH	
	11h - 11h45 PILATES	11h - 11h45 C.A.F	11h - 11h30 STRETCHING	11h - 11h45 C.A.F	11h - 11h30 STRETCHING	
MIDI	12h30 - 13h15 CIRCUIT BAS DU CORPS (sans coach)	12h30 - 13h15 CIRCUIT TRAINING (sans coach)	12h30 - 13h15 HIIT (sans coach)	12h30 - 13h15 CIRCUIT ABDOS (sans coach)		
SOIR / APRES - MIDI	17h30 - 18h15 R PUMP	17h30 - 18h15 CIRCUIT TRAINING	17h30 - 18h15 CIRCUIT TRAINING	17h30 - 18h15 BIKING		
	18h30 - 19h15 STEP CARDIO	18h30 - 19h CUISSES/FESSIERS	18h30 - 19h15 R PUMP	18h30 - 19h CUISSES / FESSIERS		
	19h30 - 20h STRETCHING	19h - 19h30 ABDOS FLASH		19h - 19h30 ABDOS FLASH		

-  Cours doux
-  Cours de renforcement musculaire
-  Cours cardio

