PLANNING DES COURS COLLECTIFS

2026
A PARTIR DE NOVEMBRE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H30-10H15	HIIT	TAF	TRX TRAINING	9H30-10H30 ZEN ATTITUDE	9H45-10H30 PILATES	9H45-10H30 TAF	
10H15-10H45	ABDOS FLASH	STRETCHING	STRETCHING		10H30-11H ABDOS FLASH	10H35-11H20 HIIT	10H30 - 11H30 CROSS TRAINING
12H30-13H15	BIKING / ABDOS FLASH	TAF	CROSS TRAINING	TRX TRAINING	LesMILLS BODY PUMP	11H25 - 12H10 STEP inter	
17H30-18H	TRX TRAINING	Training type HYROX	BIKING sprint	Training type HYROX			
18H10-18H55	LesMILLS BODY PUMP	TAF	LesMILLS BODY ATTACK / initiation MUSCU	STEP débutant	18H10 - 19H10 CROSS TRAINING		
19H00-19H45	BIKING	LesMILLS BODY COMBAT	LesMILLS BODY BALANCE	ZUMBA			

HORAIRES D'OUVERTURE

LUNDI/MERCREDI JEUDI	8H30 - 21H
VENDREDI	9H30 - 20H
SAMEDI	9H30 - 13H30
DIMANCHE	10H - 12H30

PASSIONATA SPORTS

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