



# PLANNING DES COURS COLLECTIFS

# 2026

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9H30-10H15

LesMILLS

BODY JAM

TAF

TRX  
TRAINING

9H30-10H30

PILATES

9H45-10H30

STEP CARDIO

LesMILLS

9H45-10H30

BODY PUMP

10H15-10H45

STRETCHING

STRETCHING

STRETCHING

10H30 - 11H

STRETCHING

10H30-11H

ABDOS  
FLASH

LesMILLS

10H40-11H25

BODY TONE

10H30 - 11H30

CROSS  
TRAINING

12H30-13H15

LesMILLS

Shapes

TAF

CROSS  
TRAINING

TRX  
TRAINING

LesMILLS

BODY PUMP

15H00-16H00

PILATES

18H10-18H55

LesMILLS

BODY PUMP

LesMILLS

BODY  
ATTACK

BIKING

LesMILLS

Shapes

18H10 - 19H10

CROSS  
TRAINING

19H00-19H45

BIKING

LesMILLS

Shapes

LesMILLS

BODY PUMP

LesMILLS

BODY JAM

19H50-20H45

LesMILLS

BODY  
BALANCE

FUNCTIONAL  
TRAINING

STEP  
CARDIO

LesMILLS

BODY  
BALANCE

## HORAIRES D'OUVERTURE

DU LUNDI AU JEUDI 8H30 - 21H00

VENDREDI 9H30 - 20H00

SAMEDI 9H30 - 13H30

DIMANCHE 10H00 - 12H30

PASSIONATA  
SPORTS



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