



PLANNING DES COURS COLLECTIFS

2026

A PARTIR DE SEPTEMBRE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9H30-10H15

HIIT

TAF

TRX
TRAINING

LES MILLS

BODY
BALANCE

9H45-10H45
PILATES

9H45-10H30
TAF

10H15-10H45

STRETCHING

STRETCHING

STRETCHING

STRETCHING

10H35-11H20
HIIT

10H30 - 11H30
CROSS
TRAINING

12H30-13H15

BIKING

TAF

CROSS
TRAINING

TRX
TRAINING

LES MILLS
BODY PUMP

11H30 - 12H15
STEP inter

17H30-18H

TRX
TRAINING

Training type
HYROX

BIKING
sprint

Training type
HYROX

LES MILLS

BODY PUMP

TAF

LES MILLS

BODY
ATTACK

initiation
MUSCU

STEP
débutant

18H10 - 19H10
CROSS
TRAINING

18H10-18H55

19H05-19H50

BIKING

LES MILLS
BODY
COMBAT

LES MILLS

BODY
BALANCE

ZUMBA

HORAIRES D'OUVERTURE

LUNDI/MERCREDI
JEUDI

8H30 - 21H

VENDREDI

9H30 - 20H

SAMEDI

9H30 - 13H30

DIMANCHE

10H - 12H30

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