

PLANNING

COURS LIVE

JUIN 2026

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
Matin	<ul style="list-style-type: none">9h00-9h45 SHAPES10h00-11h00 YOGA	<ul style="list-style-type: none">9h00-9h45 ZUMBA10h00-10h45 BODYPUMP	<ul style="list-style-type: none">9h00-9h45 C.A.F.10h00-10h45 PILATES	<ul style="list-style-type: none">9h00-9h45 BODYPUMP10h00-10h45 RPM	<ul style="list-style-type: none">9h00-9h45 PILATES10h00-10h45 SHAPES	<ul style="list-style-type: none">9h30-10h15 C.A.F.10h30-11h15 RPM
Midi	<ul style="list-style-type: none">12h30-13h15 BODYPUMP	<ul style="list-style-type: none">12h30-13h15 RPM	<ul style="list-style-type: none">12h30-13h15 SHAPES	<ul style="list-style-type: none">12h30-13h15 PILATES	<ul style="list-style-type: none">12h30-13h15 CROSS TRAINING	
Soir	<ul style="list-style-type: none">17h45-18h30 C.A.F.18h45-19h30 RPM19h45-20h30 BODYPUMP	<ul style="list-style-type: none">17h45-18h30 RPM18h45-19h30 SHAPES19h45-20h45 YOGA	<ul style="list-style-type: none">17h45-18h30 CROSS TRAINING18h45-19h30 PILATES19h45-20h30 SHAPES	<ul style="list-style-type: none">17h45-18h30 BODYPUMP18h45-19h30 RPM19h45-20h30 CROSS TRAINING	<ul style="list-style-type: none">18h00-18h45 RPM19h00-19h45 C.A.F.	

C Cardio-Training

R Renforcement

MD Méthode Douce

TT Team Training

D Danse

B Boxing