

# PLANNING FITNESS

2026



**SUR RDV**  
Rendez-Vous  
Forme

|                | LUNDI                                 | MARDI  | MERCREDI  | JEUDI   | VENDREDI  | SAMEDI  |
|----------------|---------------------------------------|--|---|---|---|---|
| 10h30          | Salle Mezzanine<br><b>Pilates</b>     | Salle Mezzanine<br><b>Yoga</b>                         | 10h30 Salle Mezzanine<br><b>BODYBALANCE</b>                   | 10h30 Salle Mezzanine<br><b>Body Sculpt</b>                   | 10h30 Salle Mezzanine<br><b>Pilates</b>                     | 10h00 Salle Co n°1<br><b>Yoga Niv. 1</b>          |
| 11h15          | Salle Mezzanine<br><b>Body Sculpt</b> | 11h15 Salle Mezzanine<br><b>Cuisses Abdos Fessiers</b> | 11h15 Salle Mezzanine<br><b>Swiss Ball</b>                    | 11h15 Salle Mezzanine<br><b>Stretching</b>                    | 11h15 Salle Mezzanine<br><b>Cuisses Abdos Fessiers</b>      | 11h00 Salle Mezzanine<br><b>BODYPUMP</b>          |
| 12h00<br>12h15 | Salle cross<br><b>HYROX</b>           | 12h00<br>12h15 Salle Mezzanine<br><b>BODYPUMP</b>      | 12h00<br>12h15 Salle Cross<br><b>Cross Training Discovery</b> | 12h00<br>12h15 Salle Cross<br><b>Cross Training Intensity</b> | 12h00<br>12h15 Salle RPM<br><b>Cross Training Intensity</b> | 10h45<br>11h00 Salle Co n°1<br><b>Yoga Niv. 1</b> |
| 13h00          |                                       | 13h00  | 13h00   | 13h00   | 13h00   |   |

|                |  |  |  |  |  |  |
|----------------|--|--|--|--|--|--|
|                |  | 18h30 Salle Cross<br><b>Open Gym</b>                   | 18h00 Salle Co n°1<br><b>Yoga</b>                    |  | 18h30 Salle Cross<br><b>Open Gym</b>                 | 12h00 Salle RPM<br><b>RPM</b>                        |
|                |  | 19h15 Salle Mezzanine<br><b>BODYATTACK</b>             | 19h00 Salle Cross<br><b>Cross Training Discovery</b> |  | 19h15 Salle Mezzanine<br><b>Zumba</b>                | 11h45 Salle Cross<br><b>Cross Training Discovery</b> |
| 18h30          | Salle Mezzanine<br><b>BODYPUMP</b>             | 18h30 Salle Mezzanine<br><b>BODYATTACK</b>             | 18h30 Salle Cross<br><b>Cross Training Discovery</b> | 18h30 Salle Cross<br><b>Cross Training Intensity</b>   | 18h30 Salle Mezzanine<br><b>Zumba</b>                |  |
| 19h15<br>18h30 | Salle Cross<br><b>Cross Training Discovery</b> | 19h15 Salle Co n°1<br><b>Pilates</b>                   | 19h15 Salle Mezzanine<br><b>Step</b>                 | 19h15 Salle Mezzanine<br><b>BODYBALANCE</b>            | 19h15 Salle RPM<br><b>RPM</b>                        |  |
| 19h15<br>19h30 | Salle RPM<br><b>RPM</b>                        | 19h15 Salle Cross<br><b>Cross Training Intensity</b>   | 19h15 Salle Mezzanine<br><b>BODYPUMP</b>             | 19h15 Salle Cross<br><b>HYROX</b>                      | 19h15 Salle Cross<br><b>Cross Training Intensity</b> |  |
| 20h15<br>19h30 | Salle Cross<br><b>HYROX</b>                    | 20h15 Salle Mezzanine<br><b>Cuisses Abdos Fessiers</b> | 20h15 Salle RPM<br><b>RPM</b>                        | 20h15 Salle Mezzanine<br><b>Cuisses Abdos Fessiers</b> | 20h15 Salle Mezzanine<br><b>Salsa</b>                |  |
| 20h15          | 20h15  | 20h15  | 20h15  | 20h15  | 20h15  |  |

**Intensité des cours :**

\*Une partie de la salle de sport est réservée au cours identifiés par "Salle Cross"