

URBAN FIT CENTER

Lundi		Mardi		Mercredi		Jeudi		Vendredi	
9h30 Pilates Studio 1	9h30 Pilates Studio 1	Abdos Fessiers Studio 1	Hatha Yoga Studio 2	9h30 Yin Yoga Studio 2	9h30 Fit Ball Studio 1	9h30 Yoga Flow Studio 2			
10h15 Fit Ball Studio 1	10h15 Body Tonic Studio 1	10h15 Zumba Studio 1	10h15 Abdos Fessiers Studio 1	10h15 Fit Training Studio 1	10h15 Pilates Studio 1	10h15 Big Dance Studio 1			
		11h00 Pilates Studio 1	11h00 Stretching Studio 1	11h00 Pilates Mobility Studio 1	11h00 Barre au Sol Studio 1				
12h30 Pump Studio 1	12h30 Fit Training Studio 1	12h30 Yoga Moov Studio 2	12h30 Dance'hall Studio 1	12h30 Gym Ball Studio 1					
17h45 Body Sculpt Studio 1	17h45 Pilates Studio 2	17h45 Pilates Studio 1	17h45 Jay Danse Studio 1	17h45 Gym Tonic Studio 2	17h45 Pilates Studio 1	17h45 Pilates Studio 2	17h45 Gym Ball Studio 1		
18h30 Zumba Studio 1	18h30 Stretching Studio 2	18h30 Step Studio 1	18h30 Hatha Yoga Studio 2	18h30 Pump Studio 1	18h30 Pilates Studio 2	18h30 Zumba Studio 1	18h30 Gym Posturale Studio 2	18h30 Fit Training Studio 1	18h30 Yin Yoga Studio 2
Conseiller plateau Lundi Antonio : 09h00-11h00 17h00-19h00		19h15 Abdos Fessiers Studio 1	19h15 Yoga Flow Studio 2	Conseiller plateau Mercredi Antonio : 09h00-11h00 17h00-19h00					

Planning cours collectifs 2026

Les Coachs : Elodie Nathalie Carine Emilie Hamid Sébastien Maria

*Durée des cours 45 minutes

Urban Fit Center : 21 Rue Armand Saintis 82000 Montauban 05.63.92.90.27 urbanfitcenter82.com

