

Planning cours collectifs septembre 2025-2026

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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

 9h30 Pilates Studio 1	 9h30 Pilates Studio 2	 9h30 Abdos Fessiers Studio 1	 9h30 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 2	 10h15 Zumba Studio 1	 10h15 Abdos Fessiers Studio 1	 10h15 Abdos Fessiers Studio 1	 10h15 Fit Training Studio 1	 10h15 Pilates Studio 2
 10h15 Body Tonic Studio 2		 11h00 Pilates Flexibility Studio 1	 11h00 Zumba Studio 1	 11h00 Stretching Studio 1	 11h00 Pilates Flexibility Studio 1	 11h00 Barre au Sol Studio 1
 12h30 Pump Studio 1	 12h30 Strong Studio 1	 12h30 Strong Studio 1	 12h30 Yoga Moov Studio 1	 12h30 Yoga Moov Studio 1	 12h30 Zumba Studio 1	 12h30 Fit Ball Studio 1
 17h45 Abdos Fessiers Studio 1	 17h45 Pilates Studio 2	 17h45 Piloxing Studio 1	 17h45 Hatha Yoga Studio 2	 17h45 Jay dance Studio 1	 17h45 Gym Tonic Studio 2	 17h45 Fit Training Studio 1
 18h30 Zumba Studio 1	 18h30 Stretching Studio 2	 18h30 Body Sculpt Studio 1	 18h30 Pilates Studio 2	 18h30 Step Studio 1	 18h30 Pilates Studio 2	 18h30 Gym Posturale Studio 2
 18h30 Zumba Studio 1	 18h30 Stretching Studio 2	 18h30 Body Sculpt Studio 1	 18h30 Pilates Studio 2	 18h30 Step Studio 1	 18h30 Pilates Studio 2	 18h30 Gym Posturale Studio 2
 19h15 Body Zen Studio 1	 19h15 Abdos Fessiers Studio 1	 19h15 Abdos Fessiers Studio 1	 19h15 Yoga Flow Studio 1	 19h15 Yoga Flow Studio 1	 19h15 Strong Studio 1	 18h30 Fit Ball Studio 1
 19h15 Yoga Flow Studio 1	 19h15 Strong Studio 1	 19h15 Yoga Flow Studio 1	 19h15 Strong Studio 1	 19h15 Strong Studio 1	 19h15 Strong Studio 1	 18h30 Yin Yoga Studio 2
 19h15 Yoga Flow Studio 1	 19h15 Strong Studio 1	 19h15 Yoga Flow Studio 1	 19h15 Strong Studio 1	 19h15 Strong Studio 1	 19h15 Strong Studio 1	 18h30 Yin Yoga Studio 2
 19h15 Yoga Flow Studio 1	 19h15 Strong Studio 1	 19h15 Yoga Flow Studio 1	 19h15 Strong Studio 1	 19h15 Strong Studio 1	 19h15 Strong Studio 1	 18h30 Yin Yoga Studio 2

Conseiller plateau
Antonio : 9h00-11h00
17h00-19h00

Conseiller plateau
Antonio :
17h00-19h00

Conseiller plateau
Antonio : 9h00-11h00
17h00-19h00



*Durée des cours 45 minutes

Les Coachs:  Carine  Maria  Nathalie  Emilie  Hamid  Hanan  Sébastien

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