

# Planning cours collectifs janvier 2026

U  
R  
B  
A  
N  
  
F  
I  
T  
  
C  
E  
N  
T  
E  
R

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  
Gym  
Tonic  
Studio 2

10h15  
Zumba  
Studio 1

10h15  
Abdos  
Fessiers  
Studio 1

10h15  
Fit  
Training  
Studio 1

10h15  
Pilates  
Studio 2

10h15  
Big  
Dance  
Studio 1



11h00  
Pilates  
Flexibility  
Studio 1

11h00  
Stretching  
Studio 1

11h00  
Pilates  
Flexibility  
Studio 1

11h00  
Barre au Sol  
Studio 1

12h30  
Pump  
Studio 1

12h30  
Fit Training  
Studio 1

12h30  
Yoga Moov  
Studio 1

12h30  
Dance'hall  
Studio 1

12h30  
Gym Ball  
Studio 1

17H45  
Body  
Sculpt  
Studio 1

17H45  
Pilates  
Studio 2

17H45  
Pilates  
Studio 2

17H45  
Jay  
dance  
Studio 1

17H45  
Gym  
Tonic  
Studio 2

17H45  
Pilates  
Studio 1

17H45  
Pilates  
Studio 2

17H45  
Fit  
Training  
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  
Ball  
Studio 1

18h30  
Yin  
Yoga  
Studio 2

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

19h15  
Abdos Fessiers  
Studio 1

19h15  
Yoga Flow  
Studio 1

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



Les Coachs:

\*Durée des cours 45 minutes

Carine

Maria

Nathalie

Conseiller plateau  
Antonio :  
17h00-19h00

Emilie

Hamid

Sébastien

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