

PLANNING COURS COLLECTIFS 2024-2025

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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h30	Pilates - Pilates Studio 1 Studio 2	Strong Studio 1	Yin Yoga Studio 2	Fit Ball Studio 1	Yoga Flow Studio 2
10h15	Fit Ball Studio 1	Pilates Flexibility Studio 1	Abdos Fessiers Studio 1	Fit Training Studio 1	Big Dance Studio 1
11h00	Abdos Fessiers Studio 1	Zumba Studio 1	Stretching Studio 1	Pilates Flexibility Studio 1	Barre au Sol Studio 1
12h30	Pilates Studio 1	Strong Studio 1	Pump Studio 1	Zumba Studio 1	Fit Ball Studio 1
17h45	Step Studio 1	Full Combat Studio 1	Pilates Studio 1	*Durée des cours 45 minutes	
17h45	Pilates Studio 2	Hatha Yoga Studio 2	Yoga Flow Studio 2	Abdos Fessiers Studio 1	Yoga danse Studio 1
18h30	Zumba Studio 1	Pump Studio 1	Aérodance Studio 1	Zumba Studio 1	Yin Yoga Studio 2
18h30	Stretching Studio 2	Yoga Flow Studio 2			
19h15	Abdos Fessiers Studio 1	Cross Train Hiit Studio 1	Barre au Sol Studio 1	Pilates Studio 1	
	Conseiller plateau Adrien : 9h30-11h30 17h30-19h30	Conseiller plateau Adrien : 9h30-11h30 17h30-19h30	Conseiller plateau Damien 17h30-19h30	Conseiller plateau Adrien 17h30-19h30	

LES COACHS : Carine Maria Damien Emilie Hamid

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