

PLANNING COURS COLLECTIFS 2024-2025

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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

9h30	 Pilates Studio 1  Pilates Studio 2	 Strong Studio 1  Hatha Yoga Studio 2	 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  Pilates Studio 2	 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	 Body Zen Studio 1	 Strong Studio 1	 Abdos Fessiers Studio 1	 Zumba Studio 1	 Fit Ball Studio 1
17h45	 Step Studio 1	 Fit Dance Studio 1		 Abdos Fessiers Studio 1	
17h45	 Pilates Studio 2	 Hatha Yoga Studio 2	 Pilates Studio 1	 Pilates Studio 2	 Yoga danse Studio 1
18h30	 Zumba Studio 1	 Abdos Fessiers Studio 1	 Aérodance Studio 1	 Zumba Studio 1	 Yin Yoga Studio 2
18h30	 Stretching Studio 2	 Yoga Flow Studio 2	*Durée des cours 45 minutes		
19h15	 Pump Studio 1	 Pilates Studio 1			
	 Conseiller plateau Adrien 9h30-11h30 17h30-19h30	 Conseiller plateau Adrien 9h30-11h30 17h30-19h30	 Conseiller plateau Adrien 17h30-19h30	 Conseiller plateau Adrien 9h30-11h30 17h30-19h30	

LES COACHS :  Carine  Maria  Sébastien  Emilie  Hamid  Yannick  Nathalie

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