

PLANNING COURS COLLECTIFS 2023-2024



URBAN
FIT
CENTER

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h30	Pilates Studio 1 45	Full Combat Studio 1 45	YinYoga Studio 2 60	Fit Ball Studio 1 45	HathaYoga Studio 2 60
10h15	Fit Ball Studio 1 45	Pilates Studio 1 45	Abdos Fessiers Studio 1 45	Fit Training Studio 1 45	Big Dance Studio 1 45
11h00	Fac Studio 1 45	Zumba Studio 1 45	Stretching Studio 2 45	Pilates Studio 2 45	Barre au Sol Studio 1 45
12h30	Pump Studio 1 45	Strong Studio 1 45	Pilates Studio 1 45	Zumba Studio 1 45	Fit Ball Studio 1 45
17h45	Body Step Studio 1 45	Pump Studio 1 45	Agent D'accueil Damien 16h00-20h00	Abdos Fessiers Studio 1 45	Agent D'accueil Emilie 16h00-20h00
17h45	Hatha Yoga Studio 2 45	Pilates Studio 2 45	Pilates Studio 1 45	Gym Posturale Studio 2 45	Cross Training Studio 1 45
18h30	Zumba Studio 1 45	Strong Studio 1 45	Big Dance Studio 1 45	Ladys Latino Studio 1 45	Mobility Studio 1 45
18h30	Pilates Studio 2 45	Gym Posturale Studio 2 45		Fit Ball Studio 2 45	Yin Yoga Studio 2 60
19h15	Fit Ball Studio 1 45	Abdos Fessiers Studio 1 45		Pilates Studio 2 45	
	Conseiller plateau Adrien 17h30-19h30	Conseiller plateau Adrien 17h30-19h30	Conseiller plateau Adrien 17h30-19h30		

LES COACHS : Carine Maria Damien Emilie Adrien