

# PLANNING DES COURS COLLECTIFS 2026

**FITNESS PARK**

SE DÉPASSER - SE SURPASSER

**MONTPELLIER ODYSSEUM**

| LUNDI       | MARDI          | MERCREDI       | JEUDI       | VENDREDI    |
|-------------|----------------|----------------|-------------|-------------|
| 12h30-13h15 | 12h30-13h15    | 12h30-13h15    | 12h30-13h15 | 12h30-13h15 |
| WOD         | CROSS TRAINING | PUMP           | CAF         | PILATES     |
|             |                |                |             |             |
|             |                |                |             |             |
| 18h30-19h15 | 18h30-19h15    | 18h30-19h15    | 18h30-19h15 | 18h30-19h15 |
| CAF         | HYROX          | CROSS TRAINING | PILATES     | HYROX       |