

# PLANNING DES COURS COLLECTIFS 2026

**FITNESS PARK**

SE DÉPASSER - SE SURPASSER

**LE CANNET**

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h00-09h45	09h00-09h45	09h00-10h00	09h00-10h00	09h00-10h00	09h00-10h00
<b>BODY BARRE</b> COACH BRANDON	<b>BIKING</b> COACH BRANDON	<b>CORE TRAINING</b> COACH BRANDON	<b>BIKING</b> COACH BRANDON	<b>YOGA</b> COACH BRANDON	<b>BODY BARRE</b> COACH BRANDON
				10h30-11h30	10h00-11h00
				<b>PILATES</b> COACH EDWIGE	<b>PILATES</b> COACH EDWIGE
				12h30-13h15	11h00-12h00
				<b>CUISSES ABDOS FESSIERS</b> COACH BRANDON	<b>HYROX</b> COACH THOMAS
18h00-19h00	18h00-19h00	18h30-19h15	18h00-18h45		
<b>BODY SCULPT</b> COACH EDWIGE	<b>CARDIO BOXE</b> COACH BRANDON	<b>BIKING</b> COACH BRANDON	<b>BIKING</b> COACH BRANDON		
19h00-20h00	19h00-20h00	19h00-20h00	18h00-19h00		
<b>PILATES</b> COACH EDWIGE	<b>HYROX</b> COACH EVAN	<b>STRENGTH MOBILITÉ</b> COACH BRANDON	<b>HYROX</b> COACH EVAN	<b>FIT DANCE LATINA</b> COACH CLAUDIA	
19h30-20h30	19h00-19h45		19h00-19h45	19h00-20h00	
<b>BIKING</b> COACH BRANDON	<b>CROSS TRAINING</b> COACH THOMAS		<b>STRETCHING/MOBILITÉ</b> COACH BRANDON	<b>CROSS TRAINING</b> COACH THOMAS	