

PLANNING DES COURS COLLECTIFS 2026

FITNESS PARK

SE DÉPASSER - SE SURPASSER

MANDELIEU

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h00-10h00	09h15-10h15	09h15-10h15	09h15-10h15	08h30-09h30	09h00-10h00	
CAF CATHY	SPINNING PAOLA	SPINNING PAULA	YOGA JENNIFER	STRETCHING JOEL	PILATES PAOLA	
10h00-11h00	10h15-11h15	10h15-10h45	10h15-11h15	09h30-10h30	10h00-11h00	10h00-11h00
STRETCHING CATHY	PILATES PAOLA	ABDOS FESSIERS PAULA	CAF JENNIFER	CAF JOEL	SPINNING PAOLA	BODY PUMP JOEL
11h00-12h00			11h15-12h15	10h30-11h30	11h00-12h00	11h00-12h00
BODY COMBAT CATHY			CROSS TRAINING JENNIFER	BODY SCULPT CATHY	BODY PUMP PAULA	ATHLETIC FORCE JOEL
		12h30-13h30	12h30-13h30	11h30-12h30		
		BODY PUMP PAULA	BODY SCULPT JENNIFER	YOGALATES CATHY		
		17h30-18h15	17h30-18h30	17h30-18h30		
BODY PUMP PAOLA	EXTRAVADANZA JOEL	CAF JOEL	ATHLETIC JAZZ PATRICIA			
17h30-18h00		18h30-19h30	18h30-19h30	12h30-13h30		
CAF NATHALIE		ATHLETIC FORCE JOEL	BODY SCULPT JOEL	SPINNING CATHY		
18h00-18h45	18h30-19h30	19h30-20h30		18h00-20h00		
BODY BARRE NATHALIE	SPINNING PAOLA	BODY PUMP JOEL		IRON FIT FRED		
18h45-19h30	19h30-20h00			18h00-19h00		
PILATES NATHALIE	ABDOS PAOLA			SPINNING PAULA		
19h30-20h30						
ATHLETIC JAZZ PATRICIA						