

PLANNING DES COURS COLLECTIFS 2026

FITNESS PARK
SE DÉPASSER - SE SURPASSER

NICE SAINT-ISIDORE

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE					
09h30-10h30		09h30-10h30		09h00-10h00		09h30-10h30		09h00-10h00		09h30-10h30							
BODY SCULPT COACH KÉVIN		ZUMBA COACH KÉVIN		SPINNING COACH TIFFANIE		HYROX TRAINING COACH KÉVIN		SPINNING COACH TIFFANIE		BODY PUMP HEAVY COACH HUGO							
10h30-11h15		10h30-11h30		10h00-11h00		10h30-11h30	10h30-12h00	10h00-11h00		10h30-11h30		10h00-11h00					
STRETCHING COACH KÉVIN		PILATES COACH PERRINE		BODY PUMP COACH PAULINE		BODY COMBAT COACH HUGO	SPINNING COACH KÉVIN	BODY PUMP COACH TIFFANIE		RPM COACH HUGO	BODY JAM COACH CLÉMENT	SPINNING COACH JEAN-PIERRE					
11h15-11h45		11h30-12h30		11h00-12h00		11h30-12h30		11h15-12h15		11h30-12h30		11h00-12h00					
SPÉCIAL ABDOS COACH KÉVIN		BODY PUMP COACH PERRINE		STRETCHING COACH TIFFANIE		CAF COACH HUGO		STRETCHING COACH SOPHIE		RPM COACH CLÉMENT	BODY ATTACK COACH HUGO	BODY PUMP COACH JEAN-PIERRE					
12h15-13h15	12h15-13h15	12h30-13h15	12h30-13h30	12h00-12h30		12h30-13h30		12h15-13h15	12h30-13h30			12h00-13h00					
PILATES COACH SOPHIE	SPINNING COACH KÉVIN	BODY ATTACK COACH KÉVIN	SPINNING COACH PERRINE	SPÉCIAL ABDOS COACH PAULINE		BODY PUMP HEAVY COACH HUGO	SPINNING COACH TIFFANIE	BODY BALANCE COACH SOPHIE	SPINNING COACH KÉVIN			BODY ATTACK COACH JEAN-PIERRE					
13h15-14h15				12h30-13h30													
BODY BALANCE COACH SOPHIE				CROSS TRAINING COACH PAULINE													
16h30-17h30				17h00-17h45				16h00-16h30		15h30-16h30							
BODY PUMP HEAVY COACH HUGO				CAF COACH SOPHIE				SPECIAL ABDOS COACH KÉVIN		PILATES COACH MARIE							
17h30-18h30		17h00-18h00		17h45-18h45		16h45-17h30		16h30-17h15		16h30-17h30							
BODY ATTACK COACH HUGO		BODY BALANCE COACH ANNA-LENA		STRETCHING POSTURAL COACH SOPHIE		CAF COACH TIFFANIE		HYROX TRAINING COACH KÉVIN		SPINNING COACH MARIE	BODY PUMB COACH GIHED						
		18h00-19h00		18h15-19h45		17h30-18h30		17h15-18h15	17h30-18h30	17h30-18h00							
		BODY PUMP COACH ANNA-LENA		SPINNING COACH MARIE		BODY PUMP COACH CLÉMENT		ZUMBA COACH KÉVIN	RPM COACH HUGO	CAF COACH GIHED							
18h30-19h30	18h30-19h30	19h00-20h00		18h45-19h45		18h30-19h30		18h30-19h30		18h00-19h00							
BODY JAM COACH FABIEN	RPM COACH HUGO	RPM COACH ANNA-LENA		BODY BALANCE COACH SOPHIE		BODY JAM COACH CLÉMENT	RPM COACH CLÉMENT	BODY COMBAT COACH HUGO		SPINNING COACH GIHED							
19h30-20h30				19h45-20h45		19h30-20h30											
BODY BALANCE COACH FABIEN				BODY SCULPT COACH MARIE		STRETCHING COACH TIFFANIE											