

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		CORE 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		ZUMBA	SPINNING COACH KÉVIN	BODY PUMP COACH TIFFANIE		RPM COACH HUGO		SPINNING COACH JEAN-PIERRE	
11h15-11h45		11h30-12h30		11h00-12h00		11h30-12h30		11h15-12h15		11h30-12h15		11h00-12h00	
SPÉCIAL ABDOS COACH KÉVIN		BODY PUMP COACH PERRINE		STRETCHING COACH TIFFANIE		CAF		STRETCH POSTURAL COACH SOPHIE		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	ABDOS COACH PAULINE		BODY PUMP	SPINNING COACH TIFFANIE	BODY BALANCE COACH SOPHIE	SPINNING COACH KÉVIN			BODY ATTACK COACH JEAN-PIERRE	
13h15-14h15				12h30-13h30				13h15-13h45					
BODY BALANCE COACH SOPHIE				CROSS TRAINING COACH PAULINE				FLASH ABDOS FESSIERS COACH SOPHIE					
16h30-17h30						15h30-16h45		16h00-16h30		15h30-16h30			
BODY PUMP COACH HUGO						PILATES		SPECIAL ABDOS COACH KÉVIN		YOGA			
17h30-18h30		17h30-18h30		17h00-17h45		16h45-17h30		16h30-17h15		16h30-17h30			
CROSS TRAINING COACH HUGO		BODY COMBAT		CAF COACH SOPHIE		CAF COACH TIFFANIE		HYROX TRAINING COACH KÉVIN		PILATES			
		18h30-19h30		17h45-18h45		17h30-18h30		17h15-18h15	17h30-18h30	17h30-18h30			
		BODY PUMP		STRETCHING/PILATES COACH SOPHIE		BODY PUMP		ZUMBA COACH KÉVIN	RPM COACH HUGO	BODY SCULPT			
18h30-19h30	18h30-19h30	19h30-20h30		18h45-19h45		18h30-19h30		18h30-19h30					
BODY JAM COACH FABIEN	RPM COACH HUGO	RPM		BODY BALANCE COACH SOPHIE		BODY JAM COACH TIFFANIE	SPINNING	BODY COMBAT COACH HUGO					
19h30-20h30						19h30-20h30		19h30-20h00					
BODY BALANCE COACH FABIEN						STRETCHING COACH TIFFANIE		CORE COACH HUGO					