

# 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			
<b>BODY SCULPT</b> COACH KÉVIN		<b>ZUMBA</b> COACH KÉVIN		<b>SPINNING</b> COACH TIFFANIE		<b>HYROX TRAINING</b> COACH KÉVIN		<b>SPINNING</b> COACH TIFFANIE		<b>BODY PUMP HEAVY</b> COACH HUGO			
10h30-11h15		10h30-11h30		10h00-11h00		10h30-11h30	10h30-12h00	10h00-11h00		10h30-11h30		10h00-11h00	
<b>STRETCHING</b> COACH KÉVIN		<b>PILATES</b> COACH PERRINE		<b>BODY PUMP</b> COACH PAULINE		<b>BODY COMBAT</b> COACH HUGO	<b>SPINNING</b> COACH KÉVIN	<b>BODY PUMP</b> COACH TIFFANIE		<b>RPM</b> COACH HUGO		<b>SPINNING</b> COACH JEAN-PIERRE	
11h15-11h45		11h30-12h30		11h00-12h00		11h30-12h30		11h15-12h15		11h30-12h30		11h00-12h00	
<b>SPÉCIAL ABDOS</b> COACH KÉVIN		<b>BODY PUMP</b> COACH PERRINE		<b>STRETCHING</b> COACH TIFFANIE		<b>CAF</b> COACH HUGO		<b>STRETCH POSTURAL</b> COACH SOPHIE		<b>BODY ATTACK</b> COACH HUGO		<b>BODY PUMP</b> COACH JEAN-PIERRE	
12h15-13h15	12h15-13h15	12h30-13h15	12h30-13h30	12h00-12h30		12h30-13h30		12h15-13h15	12h30-13h30			12h00-13h00	
<b>PILATES</b> COACH SOPHIE	<b>SPINNING</b> COACH KÉVIN	<b>BODY ATTACK</b> COACH KÉVIN	<b>SPINNING</b> COACH PERRINE	<b>ABDOS</b> COACH PAULINE		<b>BODY PUMP HEAVY</b> COACH HUGO	<b>SPINNING</b> COACH TIFFANIE	<b>BODY BALANCE</b> COACH SOPHIE	<b>SPINNING</b> COACH KÉVIN			<b>BODY ATTACK</b> COACH JEAN-PIERRE	
13h15-14h15				12h30-13h30									
<b>BODY BALANCE</b> COACH SOPHIE				<b>CROSS TRAINING</b> COACH PAULINE									
16h30-17h30						15h30-16h45		16h00-16h30		15h30-16h30			
<b>BODY PUMP HEAVY</b> COACH HUGO						<b>PILATES</b> COACH VALENTIN		<b>SPECIAL ABDOS</b> COACH KÉVIN		<b>YOGA</b>			
17h30-18h30		17h30-18h30		17h00-17h45		16h45-17h30		16h30-17h15		16h30-17h30			
<b>BODY COMBAT</b> COACH HUGO		<b>HYROX TRAINING</b> COACH VALENTIN		<b>CAF</b> COACH SOPHIE		<b>CAF</b> COACH TIFFANIE		<b>HYROX TRAINING</b> COACH KÉVIN		<b>PILATES</b>			
		18h30-19h30		17h45-18h45		17h30-18h30		17h15-18h15	17h30-18h30	17h30-18h30			
		<b>BODY PUMP</b> COACH VALENTIN		<b>STRETCHING/PILATES</b> COACH SOPHIE		<b>BODY PUMP</b> COACH VALENTIN		<b>ZUMBA</b> COACH KÉVIN	<b>RPM</b> COACH HUGO	<b>BODY SCULPT</b>			
18h30-19h30	18h30-19h30	19h30-20h30		18h45-19h45		18h30-19h30		18h30-19h30					
<b>BODY JAM</b> COACH FABIEN	<b>RPM</b> COACH HUGO	<b>RPM</b> COACH VALENTIN		<b>BODY BALANCE</b> COACH SOPHIE		<b>BODY JAM</b> COACH TIFFANIE	<b>SPINNING</b> COACH VALENTIN	<b>BODY COMBAT</b> COACH HUGO					
19h30-20h30						19h30-20h30							
<b>BODY BALANCE</b> COACH FABIEN						<b>STRETCHING</b> COACH TIFFANIE							