PLANNING DES COURS COLLECTIFS 2026

FITNESS PARK
SE DÉPASSER - SE SURPASSER

AUXERRE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h30-10h15	09h30-10h15	09h30-10h15	09h30-10h15	09h30-10h15	09h30-10h15	
LESMILLS BODYPUMP	LESMILLS PILATES	LESMILLS PILATES	LESMILLS PILATES	LESMILLS BODYPUMP	LESMILLS BODYBALANCE	
12h30-13h15	12h30-13h15		12h30-13h15	12h30-13h15	10h30-11h30	
LESMILLS HYROX	LESMILLS RPM/SPRINT		LESMILLS CROSSTRAINING	LESMILLS HYROX	LESMILLS HYROX/GRIT	
18h00-19h00	18h00-18h30	18h00-18h45	18h00-18h30	18h00-18h30		
LESMILLS ABDOS	LESMILLS PILATES	LESMILLS BODYATTACK	LESMILLS GRIT	LESMILLS ABDOS		
18h30-19h15	18h30-19h15	18h45-19h30	18h30-19h15	18h30-19h15		
LESMILLS BODYPUMP	LESMILLS HYROX CÉRÉMONY	LESMILLS HYROX	LESMILLS PILATES	LESMILLS BODYPUMP		
19h30-20h15	19h30-20h15		19h30-20h15	19h30-20h15		
LESMILLS RPM	LESMILLS BODYPUMP		LESMILLS RPM/SPRINT	LESMILLS SH'BAM/DANCE		