



PLANNING

RENTRÉE 2026

LUNDI

9H15

BODY SCULPT

10H00

HYROX FOUNDATIONAL 60'

12H30

HBX TRX

17H00

HBX FUSION

17H30

LES MILLS BODYPUMP

18H00

LES MILLS BODYCOMBAT

18H00

HYROX COMPLETE 75'

19H00

LES MILLS RPM

MARDI

9H15

HYROX POWER 60'

12H30

HBX BOXING

17H00

LES MILLS RPM

17H30

HBX FUSION

18H00

HBX TRX

18H00

LES MILLS BODYPUMP

18H30

HYROX ENGINE 60'

19H00

LES MILLS BODYBALANCE

MERCREDI

9H15

HBX FUSION

12H30

LES MILLS RPM

17H00

CIRCUIT TRAINING

18H00

HYROX FOUNDATIONAL 60'

19H00

HBX BOXING

JEUDI

9H15

STRETCHING

12H15

HYROX ENGINE 60'

17H00

HBX BOXING

17H30

CORE TRAINING

18H00

BODY SCULPT

19H00

HBX TRX

VENDREDI

9H15

HBX TRX

12H30

CIRCUIT TRAINING

17H00

HYROX POWER 60'

18H00

LES MILLS RPM

SAMEDI

10H00

URBAN CYCLE

11H00

HYROX COMPLETE 75'

Cours annulé si - de 5 personnes