

PLANNING COURS COLLECTIFS 2026/27

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7H00	7H00-7H45 : COURS PRIVILEGE					9H - 15H
8H15	BIKE	BODY BARRE	VENDOME TRAINING	CAF	FULL BODY	
9H15	GYM TRAD	CAF	GYM TRAD	VENDOME SANTE	PILATES	GYM TRAD
10H15	STRETCHING	VENDOME SANTE	STRETCHING	GYM TRAD	CAF	BIKE
11H		KRAV MAGA				100% ABDOS
12H30	CAF	PILATES	YOGA	SPEED BIKE ABDOS	GYM TRAD	12H A 15H
			KRAV MAGA enfants 14h30 -15h30 : 4 - 8 ans 15h30 - 16h30 : 8 à 13 ans KRAV MAGA ado/adultes 16h30 - 17h30			ENTRAINEMENT LIBRE
15H		VENDOME SANTE		GYM TRAD		
17H15	17H30 : 100% ABDOS		17H30 : 100% ABDOS	VENDOME SANTE	CAF	DIMANCHE
18H15	VENDOME SANTE	CAF	VENDOME SANTE	YOGA 18h05 CAF	BIKE	9H - 13H
19H05	BODY BARRE	BIKE	BODY BARRE	VENDOME TRAINING		ENTRAINEMENT LIBRE
20H	BOXE	KRAV MAGA		BOXE		
	FERMETURE 21H					