

PLANNING COURS COLLECTIFS

A PARTIR DU 31 AOÛT 2026

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7h30 (60') SMALL GROUP TRAINING		7h30 (60') SMALL GROUP TRAINING				
9h30 (45') PILATES MAT	9h30 (45') BODYSCULPT	9h00 (60') HATHA YOGA		9h15 (60') YOGA VINYASA	9h30 (30') STRONG CORE	9h30 (45') TAILLE ABDOS FESSIERS
10h15 (45') CUISSES ABDOS FESSIERS	10h15 (45') PILATES MAT	10h00 (45') LES MILLS BODYBALANCE	9h45 (45') BODYSCULPT	10h15 (45') PILATES MAT	10h00 (45') LES MILLS RPM	10h15 (45') BODYSCULPT
11h00 (45') STRETCHING	11h00 (30') STRETCHING	10h45 (45') BODYSCULPT	10h30 (45') MOBILITÉ STRETCHING	11h00 (45') BODYSCULPT	10h45 (60') LES MILLS BODYPUMP	11h00 (60') ZUMBA
11h45 (30') 100% ABDOS	11h30 (45') CUISSES ABDOS FESSIERS	11h30 (45') LES MILLS BODYCOMBAT	11h15 (45') CUISSES ABDOS FESSIERS	11h45 (45') PILATES MAT	11h45 (45') MOBILITÉ	12h00 (45') BODYSCULPT
12h15 (45') LES MILLS BODYPUMP	12h15 (45') LES MILLS RPM	12h15 (15') 100% ABDOS	12h30 (45') CIRCUIT TRAINING	12h30 (45') LES MILLS BODYPUMP		12h45 (45') TABATA
13h00 (30') CIRCUIT TRAINING	14h00 (45') PILATES MAT	12h30 (45') LES MILLS RPM			15h00 (45') PILATES	
	14h45 (30') STRETCHING				15h45 (30') LES MILLS RPM	
	15h00 (30') BODYSCULPT				16h15 (45') LES MILLS BODYPUMP	
17h30 (30') ABDOS TAILLE	17h30 (45') BODYSCULPT	17h45 (45') ENDURANCE TRAINING	17h30 (60') HATHA YOGA FLOW	17h30 (30') PILATES MAT		
18h00 (45') PILATES MAT	18h15 (45') PILATES MAT	18h30 (60') LES MILLS BODYPUMP	18h30 (45') KETTLEBELL TRAINING	18h00 (45') LES MILLS RPM		
18h45 (45') POWER TRAINING	19h00 (60') STEP AFRO	19h30 (45') LES MILLS BODYATTACK	19h15 (60') FUNCTIONAL TRAINING	18h45 (45') LES MILLS BODYPUMP		
19h30 (45') LES MILLS RPM	20h00 (60') YOGA VINYASA	20h15 (45') PILATES MAT	20h15 (45') LES MILLS RPM	19h30 (45') LES MILLS BODYCOMBAT		
20h15 (60') ZUMBA				20h15 (60') YOGA VINYASA		

HORAIRES DU CLUB

LUNDI À VENDREDI6H30 - 22H00

SAMEDI9H00 - 19H00

DIMANCHE9H00 - 19H00

centralfitvincennes@gmail.com

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ACCÈS AUX COURS SUR RÉSERVATION VIA L'APPLICATION CENTRAL FIT

OUVERTURE DES RÉSERVATIONS LA VEILLE À PARTIR DE 9H