

PLANNING COURS COLLECTIFS

A PARTIR DU 1 SEPTEMBRE 2025

★ ACCESSIBLE AVEC ABONNEMENT ESSENTIAL & PRIVILEGE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30 (45')★ PILATES 10h15 (30') SPÉCIAL DOS 10h45 (30') CUISSSES FESSIERS 11h15 (30') ABDOS TAILLE 11h45 (30') STRETCHING 12h15 (45')★ LES MILLS BODYPUMP 13h00 (30')★ LES MILLS BODYATTACK 17h30 (30') ABDOS FESSIERS 18h00 (45')★ PILATES 18h45 (45') STEP 19h30 (45')★ LES MILLS RPM 20h15 (60') ZUMBA	9h30 (30') BODYSCULPT 10h00 (30')★ PILATES 10h30 (30') STRETCHING 11h00 (30') ABDOS FESSIERS 11h30 (30') SPECIAL BUSTE 12h15 (45')★ LES MILLS RPM 14h (45')★ PILATES 14h45 (15') STRETCHING 15h00 (30') CUISSSES ABDOS FESSIERS 17h30 (30') ABDOS TAILLE 18h00 (30') CUISSSES FESSIERS 18h30 (30') BODYSCULPT 19h00 (60') STEP AFRO 20h00 (60')★ YOGA VINYASA	9h00 (60')★ HATHA YOGA 10h00 (45')★ LES MILLS BODYBALANCE 10h45 (45') BODYSCULPT 11h30 (45')★ LES MILLS BODYCOMBAT 12h15 (15') 100% ABDOS 12h30 (45')★ LES MILLS RPM 18h15 (60')★ LES MILLS BODYPUMP 19h15 (60')★ LES MILLS BODYATTACK 20h15 (45')★ LES MILLS RPM	9h45 (30') SPÉCIAL DOS 10h15 (45') CUISSSES ABDOS FESSIERS 11h (30') STRETCHING 11h30 (30') BODY ZEN 12h30 (45') CIRCUIT TRAINING 17h30 (60')★ HATHA YOGA FLOW 18h30 (45')★ LES MILLS RPM 19h15 (60') FUNCTIONAL TRAINING 20h15 (45')★ PILATES	9h15 (60')★ HATHA YOGA 10h15 (45')★ PILATES 11h00 (45')★ LES MILLS BODYPUMP 11h45 (45') MOBILITÉ 12h30 (45')★ LES MILLS BODYPUMP 17h30 (30') ABDOS FESSIERS 18h00 (30')★ PILATES 18h30 (45')★ LES MILLS BODYPUMP 19h15 (45')★ LES MILLS BODYCOMBAT 20h00 (60')★ YOGA VINYASA	9h45 (45') CUISSSES ABDOS FESSIERS 10h30 (45')★ LES MILLS RPM 11h15 (45')★ LES MILLS BODYPUMP 12h00 (45') MOBILITÉ 15h00 (45')★ PILATES 15h45 (30')★ LES MILLS RPM 16h15 (45')★ LES MILLS BODYPUMP INFOS CLUB LUNDI À JEUDI 7H00 - 22H00 VENDREDI 7H00 - 21H00 SAMEDI 9H00 - 19H00 DIMANCHE 9H00 - 17H00 centralfitvincennes@gmail.com 07 85 37 35 19 RESERVATION LesMills, Yoga, Pilates SUR L'APP CLUB CONNECT A PARTIR DE 8H LA SEMAINE / 9H LE WEEK END	9h30 (30') ABDOS TAILLE 10h00 (30') CUISSSES FESSIERS 10h30 (30') SPÉCIAL BUSTE 11h00 (60') ZUMBA 12h00 (45') BODYSCULPT 12h45 (45') TABATA