

PLANNING COURS COLLECTIFS

A PARTIR DU 16 MARS 2026

★ ACCESSIBLE AVEC ABONNEMENT ESSENTIAL & PRIVILEGE

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|--|-----------------------------------|---|---------------------------------------|--|--|----------------------------------|
| 9h30 (45') PILATES MAT ★ | 9h30 (30') BODYSCULPT | 9h00 (60') HATHA YOGA ★ | 9h45 (30') SPÉCIAL DOS | 9h15 (60') HATHA YOGA ★ | 9h45 (30') STRONG CORE | 9h30 (30') ABDOS TAILLE |
| 10h15 (30') SPÉCIAL DOS | 10h00 (30') PILATES MAT ★ | 10h00 (45') LES MILLS BODYBALANCE ★ | 10h15 (45') CUISSSES ABDOS | 10h15 (45') PILATES MAT ★ | 10h15(45') LES MILLS RPM ★ | 10h00 (30') CUISSSES FESSIERS |
| 10h45 (30') CUISSSES FESSIERS | 10h30 (30') STRETCHING | 10h45 (45') BODYSCULPT | 11h (30') STRETCHING | 11h00 (45') LES MILLS BODYPUMP ★ | 11h00 (60') LES MILLS BODYPUMP ★ | 10h30 (30') SPÉCIAL BUSTE |
| 11h15 (30') ABDOS TAILLE | 11h00 (30') ABDOS FESSIERS | 11h30 (45') LES MILLS BODYCOMBAT ★ | 11h30(30') MOBILITÉ | 11h45 (45') MOBILITÉ | 12h00 (45') MOBILITÉ | 11h00 (60') ZUMBA |
| 11h45 (30') STRETCHING | 11h30 (30') SPECIAL BUSTE | 12h15 (15') 100% ABDOS | 12h30 (45') CIRCUIT TRAINING | 12h30 (45') LES MILLS BODYPUMP ★ | 15h00 (45') PILATES MAT ★ | 12h00 (45') BODYSCULPT |
| 12h15 (45') LES MILLS BODYPUMP ★ | 12h15 (45') LES MILLS RPM ★ | 12h30 (45') LES MILLS RPM ★ | | | 15h45 (30') LES MILLS RPM ★ | 12h45 (45') TABATA |
| 13h00 (45') CIRCUIT TRAINING | 14h (45') PILATES MAT ★ | | | | 16h15 (45') LES MILLS BODYPUMP ★ | |
| | 14h45 (15') STRETCHING | | | | | |
| | 15h00 (30') BODYSCULPT | | | | | |
| | | | | | | |
| 17h30 (30') ABDOS FESSIERS | 17h30 (30') ABDOS TAILLE | 17h45 (45') MOBILITÉ | 17h30 (60') HATHA YOGA FLOW ★ | 17h30 (30') ABDOS FESSIERS | | |
| 18h00 (45') PILATES MAT ★ | 18h00 (30') CUISSSES FESSIERS | 18h30 (60') LES MILLS BODYPUMP ★ | 18h30 (45') LES MILLS RPM ★ | 18h00 (30') PILATES MAT ★ | | |
| 18h45 (45') STEP | 18h30 (30') BODYSCULPT | 19h30 (45') LES MILLS BODYATTACK ★ | 19h15 (60') FUNCTIONAL TRAINING | 18h30 (45') LES MILLS BODYPUMP ★ | | |
| 19h30 (45') LES MILLS RPM ★ | 19h00 (60') STEP AFRO | 20h15 (45') LES MILLS RPM ★ | 20h15 (45') PILATES MAT ★ | 19h15 (45') LES MILLS BODYCOMBAT ★ | | |
| 20h15 (60') ZUMBA | 20h00 (60') YOGA VINYASA ★ | | | 20h00 (60') YOGA VINYASA ★ | | |

HORAIRES DU CLUB

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|---------------|--------------|
| LUNDI À JEUDI | 6H30 - 22H00 |
| VENDREDI | 6H30 - 21H00 |
| SAMEDI | 9H00 - 19H00 |
| DIMANCHE | 9H00 - 17H00 |

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