

|                       | LUNDI                          | MARDI                      | MERCREDI                   | JEUDI                          | VENDREDI                              | SAMEDI                             |
|-----------------------|--------------------------------|----------------------------|----------------------------|--------------------------------|---------------------------------------|------------------------------------|
| <b>9H30</b><br>10H15  |                                | ETIREMENTS                 | SPORT SANTÉ<br>DOS         |                                | PILATES<br>STICKS                     | CIRCUIT<br>CARDIO                  |
| <b>10H30</b><br>11H15 | SPORT SANTÉ<br>GYM DOUCE       | BOXING                     | SPORT SANTÉ<br>DOS         | BIKE 30'                       | SPORT SANTÉ<br>GYM DOUCE              | 10H20<br>100%<br>ABDO 30'          |
| <b>11H30</b><br>12H15 | SPORT SANTÉ<br>DOS             |                            |                            |                                | SPORT SANTÉ<br>ETIREMENTS<br>MOBILITÉ | 11H<br><b>LesMILLS</b><br>BODYPUMP |
| <b>12H30</b><br>13H15 | PILATES                        | CIRCUIT<br>CARDIO          | CUISSES/ABDOS<br>FESSIERS  | CIRCUIT<br>CARDIO              | <b>LesMILLS</b><br>BODYBALANCE        | CIRCUIT<br>CARDIO                  |
| <b>14H</b><br>15H     |                                |                            | <b>A<br/>D<br/>O<br/>S</b> | CIRCUIT<br>CARDIO              |                                       |                                    |
| <b>15H</b><br>16H     |                                |                            |                            | CARDFIT<br>12-14 ANS           |                                       |                                    |
| <b>16H</b><br>17H     |                                |                            |                            | RENFO<br>15-17 ANS             |                                       |                                    |
| <b>16H40</b><br>17H20 |                                |                            |                            | CARDFIT<br>15-17 ANS           |                                       |                                    |
| <b>17H30</b><br>18H10 | LATINO                         | BOXING                     | CUISSES/ABDOS<br>FESSIERS  | GYM/HALTERO                    | LATINO                                | TRX                                |
| <b>18H20</b><br>19H   | CUISSES/ABDOS<br>FESSIERS      | BIKE                       | CIRCUIT<br>CARDIO          | FLOW DANCE                     | BIKE                                  | CIRCUIT<br>CARDIO                  |
| <b>19H10</b><br>19H50 | <b>LesMILLS</b><br>BODYATTACK  | BIKE                       | 100%<br>ABDO 30'           | <b>LesMILLS</b><br>BODYBALANCE | CROSS<br>TRAINING                     | <b>LesMILLS</b><br>BODYCOMBAT      |
| <b>20H</b><br>20H40   | <b>LesMILLS</b><br>BODYBALANCE | 19H45<br>CROSS<br>TRAINING |                            |                                | DANSE                                 | CROSS<br>TRAINING                  |

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**07.69.04.66.82**

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