CORPUS
FITNESS • CARDIO TRAINING • MUSCULATION

PLANNING

JANVIER 2026

7J/7 - 6H>23H

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 10H15		ETIREMENTS	SPORT SANTÉ DOS		PILATES STICKS	CIRCUIT CARDIO
10H30 11H15	SPORT SANTÉ GYM DOUCE BOXING	SPORT SANTÉ DOS BIKE 30'	CUISSES/ABDOS FESSIERS	YOGA	SPORT SANTÉ GYM DOUCE	10H DANSE 10H20 100% ABDO 30'
11H30 12H15	SPORT SANTÉ DOS	PILATES		LesMills BODYBALANCE 30'	SPORT SANTÉ ETIREMENTS MOBILITÉ	11H LesMills BODYPUMP
12H30 13H15	PILATES CIRCUIT CARDIO	CUISSES/ABDOS FESSIERS CIRCUIT CARDIO	CIRCUIT CARDIO	LesMills BODYPUMP CIRCUIT CARDIO	LesMills BODYBALANCE CIRCUIT CARDIO	
14H 15H			ADOS: CARDIO 12-14 ANS			
15H 16H			ADOS: RENFO 15-17 ANS			
16H 17H			ADOS: CARDIO 15-17 ANS			
16H40 17H20					PILATES	
17H30 18H10	LATINO BOXING	CUISSES/ABDOS FESSIERS GYM/HALTERO	LATINO TRX	FULL BODY	SPORT SANTÉ DOS CIRCUIT CARDIO	
18H20 19H00	CUISSES/ABDOS FESSIERS BIKE CIRCUIT CARDIO	LesMills BODYPUMP BIKE CIRCUIT CARDIO	LesMills BODYPUMP CIRCUIT CARDIO	LesMills BODYBALANCE BOXING	LesMills BODYPUMP CROSS TRAINING	
19H10 19H50	LesMills BODYPUMP 100% ABDO 30'	LesMills BODYBALANCE CROSS TRAINING	BIKE CROSS TRAINING	DANSE CROSS TRAINING	BIKE CORPUS ROX	
20H00 20H40	LesMills BODYBALANCE 19H45 CROSS TRAINING					

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CORPUS.SPORT

Corpus Cahors Officiel