CORPUS
FITNESS • CARDIO TRAINING • MUSCULATION

PLANNING

7J/7 - 6H>23H

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 10H15	YOGA	ETIREMENTS	SPORT SANTÉ DOS	PILATES	SPORT SANTÉ GYM DOUCE	CUISSES/ABDOS FESSIERS
10H30 11H15	SPORT SANTÉ GYM DOUCE	SPORT SANTÉ DOS	CUISSES/ABDOS FESSIERS	YOGA	PILATES	DANSE / CIRCUIT CARDIO
11H30 12H15	SPORT SANTÉ DOS	DANSE DOUCE	SPORT SANTÉ GYM DOUCE	SPORT SANTÉ DOS	SPORT SANTÉ ETIREMENTS MOBILITÉ	LesMILLS BODYPUMP
12H30 13H15	PILATES / CIRCUIT CARDIO	CUISSES/ABDOS FESSIERS / CIRCUIT CARDIO	FULL BODY / CIRCUIT CARDIO	LesMILLS BODYPUMP / CIRCUIT CARDIO	LesMILLS BODYBALANCE / CIRCUIT CARDIO	
14H 15H	ADOS	CARDIO 12-14 ANS				
15H 16H		RENFO 15-17 ANS				
16H 17H		CARDIO 15-17 ANS				
16H40 17H20	YOGA				PILATES	
17H30 18H10	LATINO	BOXING / CUISSES/ABDOS FESSIERS	CIRCUIT CAF / LATINO	TRX / FULL BODY	100% ABDOS	SPORT SANTÉ DOS / CIRCUIT CARDIO
18H20 19H00	CUISSES/ABDOS FESSIERS / BIKE / CIRCUIT CARDIO	DANSE / BIKE / CIRCUIT CARDIO	LesMILLS BODYPUMP / CIRCUIT CARDIO	LesMILLS BODYBALANCE	BOXING	LesMILLS BODYPUMP / CIRCUIT ATHLETIC
19H10 19H50	LesMILLS BODYPUMP / CIRCUIT ATHLETIC	LesMILLS BODYBALANCE / CIRCUIT ATHLETIC	BIKE / CIRCUIT ATHLETIC	DANSE	CIRCUIT ATHLETIC	

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CORPUS.SPORT

Corpus Cahors Officiel

MAJ LE 10/09/26