

# PLANNING PIZANCON

## COURS COLLECTIFS

# PLATINIUM

## CENTER

### LUNDI

09H15 45'

BODY PUMP

10H15 45'

STRETCH

12H20 45'

RPM

12H20 30'

HIIT

17H30 45'

RPM

17H45 45'

CAF

18H30 45'

RPM

18H45 45'

BODY PUMP

19H45 45'

BODY COMBAT

### MARDI

09H15 45'

PILATES

10H15 45'

CAF

12H20 45'

BODY PUMP

17H45 45'

SH'BAM

18H30 45'

BODY ATTACK

19H15 45'

RPM

19H30 45'

BODY PUMP

### MERCREDI

09H15 45'

CAF

10H15 45'

MOBILITE

12H20 30'

100% ABDOS

17H45 45'

BODY PUMP

18H45 45'

AERO DANCE

19H00 45'

RPM

19H45 45'

CAF

### JEUDI

09H15 45'

RPM

10H15 45'

BODY PUMP

12H20 30'

HIIT

17H45 45'

BODY ATTACK

18H45 45'

STEP

19H45 45'

PILATES

### VENREDI

09H15 45'

BODY SCULPT

10H15 45'

STRETCH

12H20 30'

CAF

18H00 45'

RPM

18H45 45'

SH'BAM

### SAMEDI

09H15 45'

BODY PUMP

10H15 45'

RPM

## HORAIRES D'ACCUEIL

Du lundi au vendredi  
9h-13h30 & 15h30-20h30

Samedi  
9h-12h

## COACH CLASS

### LUNDI

18H30 45'

BOXE TRAINING

19H30 30'

HIIT

### MARDI

18H15 45'

CROSS TRAINING

### MERCREDI

18H30 30'

HIIT

### JEUDI

17H45 45'

BOXE TRAINING

19H00 45'

CROSS TRAINING



COURS SUR RESERVATION

# LES MILLS

COURS VIRTUELS A LA DEMANDE  
6h-23h