

PLANNING PIZANCON

COURS COLLECTIFS

PLATINIUM
CENTER

6H-23H
JUI

LUNDI

09H15 45'

**BODY
PUMP**

10H15 45'

STRETCH

12H20 45'

RPM

12H20 30'

HIIT

17H30 45'

RPM

17H45 45'

SH'BAM

18H30 45'

RPM

18H45 45'

**BODY
PUMP**

19H45 45'

**BODY
COMBAT**

MARDI

09H15 45'

PILATES

10H15 45'

CAF

12H20 45'

**BODY
PUMP**

17H45 45'

CAF

18H30 45'

**BODY
ATTACK**

19H15 45'

RPM

19H30 45'

**BODY
BALANCE**

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

10H00 30'

**100%
ABDOS**

12H20 30'

HIIT

12H20 45'

RPM

18H00 45'

**BODY
ATTACK**

18H45 45'

STEP

19H45 45'

PILATES

VENDREDI

09H15 45'

**BODY
SCULPT**

10H15 45'

**BODY
BALANCE**

12H20 30'

CAF

18H00 45'

SH'BAM

18H45 45'

RPM

SAMEDI

09H15 45'

**BODY
PUMP**

10H15 45'

RPM

HORAIRES D'ACCUEIL

DU LUNDI AU VENDREDI

9H-13H30 & 15H30-20H30

SAMEDI

9H-12H

LES MILLS

COURS VIRTUELS



COACH CLASS

LUNDI

18H30 45'

**BOXE
TRAINING**

MARDI

18H15 45'

**CROSS
TRAINING**

MERCREDI

18H30 30'

HIIT

JEUDI

17H45 45'

**BOXE
TRAINING**

18H45 45'

**CROSS
TRAINING**

reservation  **xplor** deciplus