

PLANNING COURS SALLE 1 ET SALLE 2 Du 11 septembre au 24 décembre 2023

	lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche		
08H15	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYATTACK <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYATTACK <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>				
09H30	C.A.F <small>SALLE 1 - 45 min - Manon</small>	BODYPUMP <small>SALLE 1 - 1 h - Charlotte</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	LES MILLS CORE <small>SALLE 1 - 30 min - Cyril</small>	BODYBALANCE <small>SALLE 1 - 1 h - Manon</small>	10H BODYPUMP <small>SALLE 1 - 1 h - Xavier</small>	10H BODYPUMP <small>SALLE 1 - 1 h</small>		
10H45	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYCOMBAT <small>SALLE 1 - 1 h</small>	🕒 BODYATTACK <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	11H15 BODYATTACK <small>SALLE 1 - 1 h</small>	11h15 BODYBALANCE <small>SALLE 1 - 1 h - Xavier</small>		
12H30	BODYPUMP <small>SALLE 1 - 45 min - Massalia</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	BODYPUMP <small>SALLE 1 - 45 min - Xavier</small>	🕒 BODYCOMBAT <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>		
13H45	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYATTACK <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>		
15H00	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYATTACK <small>SALLE 1 - 1 h</small>		
16H15	🕒 BODYCOMBAT <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYATTACK <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYPUMP <small>SALLE 1 - 1 h</small>	🕒 BODYBALANCE <small>SALLE 1 - 1 h</small>		
17H30	BODYPUMP <small>SALLE 1 - 45 min - William</small> / PILATES <small>SALLE 2 - 45 min - Cyril</small>	C.A.F <small>SALLE 1 - 45 min - Massalia</small>	LES MILLS CORE <small>SALLE 1 - 45 min - Alix</small> / PILATES <small>SALLE 2 - 45 min - Manon</small>	BODYBALANCE <small>SALLE 1 - 45 min - Xavier</small>	BODYATTACK <small>SALLE 1 - 1 h - Alix</small>	HORAIRES ESPACE MUSCULATION / CARDIOTRAINING Du lundi au vendredi 8h - 21h Samedi et dimanche 9h - 18h INFORMATION & ANNULATION 04.50.84.66.86 annulation@ucpa.asso.fr <i>Les cours de Pilates et Yoga sont soumis à réservation 1 jour à l'avance. Planning susceptible de modifications.</i>			
18H30	BODYATTACK <small>SALLE 1 - 1 h - William</small> / BODYBALANCE <small>SALLE 2 - 1 h - Manon</small>	BODYPUMP <small>SALLE 1 - 45 min - Massalia</small>	BODYJAM <small>SALLE 1 - 1 h - Alix</small>	BODYPUMP <small>SALLE 1 - 1 h - Xavier</small>	18H45 BODYPUMP <small>SALLE 1 - 45 min</small>				
19H30		BODYBALANCE <small>SALLE 1 - 1 h - Cyril</small>	BODYCOMBAT <small>SALLE 1 - 1 h - Xavier</small> / HATHA YOGA* <small>SALLE 2 - 1 h - Suzan</small>						
20H00	YOGA VINYASA* <small>SALLE 2 - 1 h - Andrea</small>			YOGA VINYASA* <small>SALLE 2 - 1 h - William</small>					

🕒 cours vidéos *Cours non compris dans l'abonnement Forme.

04.50.84.66.86

annulation@ucpa.asso.fr

*Les cours de Pilates et Yoga sont soumis à réservation 1 jour à l'avance.
 Planning susceptible de modifications.*



PLANNING COURS STUDIO RPM *Du 11 septembre au 24 décembre 2023*

	lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
08H15	▶ SPRINT	▶ RPM	▶ RPM	▶ RPM	▶ RPM		
09H15	▶ RPM	▶ RPM	▶ 9h30 RPM <small>45 min - Xavier</small>		▶ RPM	▶ RPM	
10H15	▶ RPM	▶ RPM	▶ 10h30 SPRINT	▶ 10h SPRINT <small>30 min - Gérard</small>	▶ RPM	▶ RPM	▶ 10h00 RPM <small>45 min - Xavier</small>
11H15	▶ RPM	▶ RPM	▶ 11h30 RPM	▶ 11h30 RPM	▶ RPM	▶ RPM <small>45 min - Xavier</small>	▶ RPM
12H30	▶ RPM	▶ RPM <small>45 min - Charlotte</small>	▶ RPM	▶ RPM <small>45 min - Cyril</small>	▶ SPRINT <small>30 min - Manon</small>	▶ RPM	▶ RPM
13H30	▶ RPM				▶ RPM	▶ RPM	▶ RPM
14H30	▶ RPM	▶ SPRINT	▶ RPM	▶ RPM	▶ RPM	▶ RPM	▶ SPRINT
15H30	▶ RPM	▶ RPM	▶ RPM	▶ RPM	▶ RPM	▶ SPRINT	▶ RPM
16H30	▶ RPM	▶ RPM	▶ RPM	▶ SPRINT	▶ RPM	▶ RPM	▶ RPM
17H30	▶ RPM <small>45 min - Massalia</small>	▶ RPM	▶ RPM	▶ RPM <small>45 min - Alix</small>	▶ RPM		
18H30	▶ RPM	▶ RPM	▶ RPM <small>45 min - Manon</small>	▶ RPM	▶ RPM <small>45 min - Manon</small>		
19H30	▶ SPRINT <small>30 min - Gérard</small>	▶ RPM <small>45 min - Gérard</small>	▶ RPM	▶ RPM	▶ RPM		



Cours vidéos : 45 min
Les cours de RPM et SPRINT sont soumis à réservation 1 jour à l'avance
(hors cours vidéos)
Planning susceptible de modifications

PLANNING COURS STUDIO HBX *Du 11 septembre au 24 décembre 2023*

Cours non compris dans l'abonnement Fitness.
Accessibles avec l'option team training ou à l'unité avec une entrée team training.

	lundi	mardi	mercredi	jeudi	vendredi
12H30	GRIT ATHLETIC* 30 min - Cyril	GRIT CARDIO* 30 min - Cyril		GRIT FORCE* 30 min - Xavier	
18H30	CROSS TRAINING* 45 min - Cyril	HBX BOXING* 30 min - Xavier	GRIT CARDIO* 45 min - Xavier	GRIT ATHLETIC* 30 min - Xavier	CROSS TRAINING* 45 min - Massalia
19H30		GRIT FORCE* 30 min - Xavier			

*Ces cours sont soumis à réservation 1 jour à l'avance. Ils peuvent avoir lieu en extérieur selon la météo.
Planning susceptible de modifications.*