

# PLANNING COURS COLLECTIFS FITNESS Du 30 mars au 5 juillet 2026

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9h30	<b>C.A.F.</b> SALLE 1 - 45 min - Xavier	<b>LES MILLS BODYPUMP</b> SALLE 1 - 1h - Léa	<b>LES MILLS RPM</b> STUDIO RPM - 45 min - Tamara	<b>LES MILLS CORE</b> SALLE 1 - 30 min - Preden	<b>LES MILLS BODYBALANCE</b> SALLE 1 - 1h - Tamara
10h00				<b>LES MILLS Sprint</b> STUDIO RPM - 30 min - Preden	
10h30	<b>YOGA VINYASA</b> SALLE 2 - 1h - Théa	<b>LES MILLS BODYBALANCE MOBILITY</b> SALLE 1 - 45 min - Cyril	<b>PILATES</b> SALLE 2 - 1h - Tamara	<b>STRETCHING MOBILITÉ</b> SALLE 2 - 45 min - Cyril	<b>LES MILLS Shapes</b> SALLE 1 - 45 min - Tamara
12h30	<b>LES MILLS Shapes</b> SALLE 1 - 45 min - Cyril	<b>LES MILLS GRIT ATHLETIC</b> STUDIO HBX* - 30 min - Xavier	<b>LES MILLS RPM</b> STUDIO RPM - 45 min - Léa	<b>LES MILLS GRIT CARDIO</b> STUDIO HBX* - 30 min - Cyril	<b>LES MILLS BODYPUMP</b> SALLE 1 - 45 min - Camille
				<b>HBX BOXING</b> STUDIO HBX - 30 min - Xavier	<b>LES MILLS RPM</b> STUDIO RPM - 45 min - Preden
17h30	<b>LES MILLS BODYPUMP</b> SALLE 1 - 45 min - Clément	<b>LES MILLS BODYBALANCE</b> SALLE 2 - 45 min - Xavier	<b>C.A.F.</b> SALLE 1 - 45 min - Clément	<b>LES MILLS GRIT STRENGTH</b> STUDIO HBX - 30 min - Xavier	<b>LES MILLS CORE</b> SALLE 1 - 45 min - Preden
	<b>LES MILLS RPM</b> STUDIO RPM - 45 min - Cyril	<b>PILATES</b> SALLE 2 - 45 min - Cyril	<b>CROSS TRAINING</b> STUDIO HBX - 45 min - Clément	<b>LES MILLS BODYCOMBAT</b> SALLE 1 - 1h - Xavier	<b>LES MILLS RPM</b> STUDIO RPM - 45 min - Cyril
					<b>LES MILLS BODYATTACK</b> SALLE 1 - 1h - Preden
18h30	<b>LES MILLS BODYCOMBAT</b> SALLE 1 - 1h - Xavier	<b>LES MILLS CORE</b> SALLE 2 - 45 min - Clément	<b>LES MILLS BODYPUMP</b> SALLE 1 - 1h - Clément	<b>HBX BOXING</b> STUDIO HBX - 30 min - Xavier	<b>LES MILLS BODYSTEP</b> SALLE 1 - 45 min - Preden
	<b>CROSS TRAINING</b> STUDIO HBX - 45 min - Cyril	<b>STEP</b> SALLE 2 - 45 min - Nathan	<b>LES MILLS RPM</b> STUDIO RPM - 45 min - Clément	<b>LES MILLS GRIT ATHLETIC</b> STUDIO HBX - 30 min - Preden	<b>LES MILLS RPM</b> STUDIO RPM - 45 min - Cyril
				<b>LES MILLS BODYBALANCE</b> SALLE 2 - 1h - Cyril	<b>CROSS TRAINING</b> STUDIO HBX - 45 min - Preden
19h30	<b>LES MILLS Sprint</b> STUDIO RPM - 30 min - Clément	<b>LES MILLS RPM</b> STUDIO RPM - 45 min - Xavier	<b>LES MILLS BODYBALANCE</b> SALLE 2 - 45 min - Cyril		
	<b>LES MILLS BODYJAM</b> SALLE 1 - 50 min - Tamara		<b>HATHA YOGA</b> SALLE 2 - 1h - Petra		
20h00	<b>YOGA VINYASA</b> SALLE 2 - 1h - Andrea			<b>YOGA VINYASA</b> SALLE 2 - 1h - Anne	

Samedi	Dimanche
<b>LES MILLS BODYPUMP</b> SALLE 1 - 1h - Xavier	<b>LES MILLS RPM</b> STUDIO RPM - 45 min - Xavier
<b>11h15</b> <b>LES MILLS RPM</b> STUDIO RPM - 45 min - Xavier	<b>11h15</b> <b>LES MILLS BODYBALANCE</b> SALLE 1 - 1h - Xavier



Tous les cours sont inclus dans votre abonnement !

## HORAIRES ESPACE MUSCULATION- CARDIOTRAINING

Du lundi au vendredi  
8h - 21h  
Samedi et dimanche  
9h - 18h

## INFORMATIONS & ANNULATION

04.50.84.66.86  
annulation@ucpa.asso.fr

\*cours possible en salle 2 selon le nombre de participants.  
Les cours de Yoga, Pilates, RPM, Sprint, Cross Training, HBX Boxing et GRIT sont soumis à réservation 1 jour à l'avance.  
Planning valable hors jours fériés et susceptible de modifications.

# PLANNING COURS VIDEOS FITNESS Du 30 mars au 5 juillet 2026

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche			
8h15	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h	LES MILLS <b>sprint</b> STUDIO RPM - 30 min	LES MILLS <b>CORE</b> SALLE 1 - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h	LES MILLS <b>CORE</b> SALLE 1 - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min			
9h15	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min			LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min				
10h15	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min			LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	10h00 LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h			
10h45	LES MILLS <b>BODYBALANCE</b> SALLE 1 - 1h		LES MILLS <b>CORE</b> SALLE 1 - 45 min	LES MILLS <b>BODYBALANCE</b> SALLE 1 - 1h						
11h15	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	11h45 LES MILLS <b>sprint</b> STUDIO RPM - 30 min	11h30 LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min		LES MILLS <b>RPM</b> STUDIO RPM - 45 min			
12h30	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYBALANCE</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h	LES MILLS <b>sprint</b> STUDIO RPM - 30 min	LES MILLS <b>BODYBALANCE</b> SALLE 1 - 1h	LES MILLS <b>BODYBALANCE</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min		
13h45	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h		LES MILLS <b>BODYBALANCE</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	
15h00		LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYBALANCE</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYATTACK</b> SALLE 1 - 1h	LES MILLS <b>sprint</b> STUDIO RPM - 30 min		
16h15	LES MILLS <b>CORE</b> SALLE 1 - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>CORE</b> SALLE 1 - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYPUMP</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>BODYBALANCE</b> SALLE 1 - 1h	LES MILLS <b>RPM</b> STUDIO RPM - 45 min
17h30		LES MILLS <b>RPM</b> STUDIO RPM - 45 min		LES MILLS <b>RPM</b> STUDIO RPM - 45 min		LES MILLS <b>RPM</b> STUDIO RPM - 45 min				
18h30	LES MILLS <b>RPM</b> STUDIO RPM - 45 min	LES MILLS <b>RPM</b> STUDIO RPM - 45 min			LES MILLS <b>RPM</b> STUDIO RPM - 45 min					
19h30			LES MILLS <b>RPM</b> STUDIO RPM - 45 min							

**HORAIRE ESPACE  
MUSCULATION- CARDIOTRAINING**

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