



ATOM
ELEVATE YOUR FITNESS
— CLERMONT-L'HÉRAULT —

COURS COLLECTIFS

— PLANNING —

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

PILATES
10H-10H45

CAF
10H-10H45

PILATES
10H-10H45

SCULPT
12H30-13H15

CAF
12H30-13H15

HIIT
12H30-13H15

CAF
12H30-13H15

CAF
18H-19H45

HIIT
18H-18H45

CAF
18H-18H45

BODY SCULPT
18H-18H45

PILATES
18H50-19H35

CAF
18H50-19H35

PILATES
18H50-19H35

CAF
18H50-19H35



& CROSS TRAINING — PLANNING —



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

12H30

HYROX

CROSS
TRAINING

HYROX

16H

CROSS
TRAINING

17H

CROSS
TRAINING

18H

CROSS
TRAINING

HYROX

CROSS
TRAINING

HYROX
FORCE

HYROX

19H

HYROX

CROSS
TRAINING

HYROX
FORCE

HYROX



IMMA

—PLANNING—



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

17H15

MMA
ADO

18H30

MMA
GRAPPLING

MMA

MMA
GRAPPLING

MMA
GRAPPLING

MMA