ATOM
ELEVATE YOUR FITNESS
BÉZIERS

COURS COLLECTIFS

PLANNING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
BODY SCULPT 9H15-10H	CAF 9H15-10H	HIIT 9H15-10H	PUMP 9H15-10H	PILATES 9H15-10H	PILATES 9H15-10H
CAF 10H05-10H50	PUMP 10H05-10H50	BALANCE 10H05-10H50	PILATES 10H05-10H50	STRETCHING 10H05-10H50	BIKE 10H05-10H50
BIKE 12H30-13H15	HIIT 12H30-13H15	FULL BODY 12H30-13H15	HIIT 12H30-13H15	CAF 12H30-13H15	
PUMP 18H15-19H	CAF 18H-18H45	CAF 18H-18H45	BODY SCULPT 18H-18H45	HIIT 18H-18H45	
BIKE 19H05-19H50	BIKE 18H50-19H35	STEP 18H50 À 19H35 / BIKE 18H50 À 19H35	SPRINT 30 MIN 18H50-19H20	YOGA With Om 18H50-19H50	
	PILATES 19H40-20H25	ZUMBA 19H40-20H25	PILATE 19H25-20H10		
			DANSE ORIENTALE 20H30 - 22H		

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& CROSS TRAINING HYROX
PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10H30						HYROX
12H30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	HYROX	HYROX
16H30	CROSS TRAINING					
17H30	SPE HALTERO	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	HYROX	
18H30	CROSS TRAINING	SPE GYM	CROSS TRAINING	CROSS TRAINING	HYROX	
19H30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	SPE GYM	HYROX	

ATOM
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BÉZIERS

MMA
PLANNING

1H15 / COURS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
16H45	MMA	LUTA LIVRE	MMA ADO	LUTA LIVRE		11H15 SPARRING LUTA LIVRE
18H15	LUTA LIVRE	MMA	LUTA LIVRE	MMA	LUTA LIVRE ADO	14H LIBRE ACCES OPEN MAT
19H45	MMA	LUTA LIVRE	MMA ADULTE	LUTA LIVRE	SPARRING	