

LUNDI

COURS COLLECTIFS	CYCLES
9H30 LES MILLS 55 mn BODYPUMP	
10H30 LES MILLS 55 mn BODYBALANCE	
12H30 LES MILLS 45 mn BODYATTACK	
17H30 LES MILLS 45 mn BODYSTEP	LES MILLS 30 mn sprint
18H30 LES MILLS 55 mn BODYPUMP	LES MILLS 45 mn RPM
19H30 LES MILLS 45 mn BODYCOMBAT	

MARDI

COURS COLLECTIFS	CYCLES
	10H00 LES MILLS 45 mn RPM
12H30 LES MILLS 45 mn BODYBALANCE	12H30 LES MILLS 45 mn RPM
17H30 LES MILLS 45 mn BODYBALANCE	18H15 LES MILLS 45 mn CORE
19H00 LES MILLS 30 mn GRIT	18H30 LES MILLS 30 mn sprint
19H30 LES MILLS 55 mn BODYPUMP	19H30 LES MILLS 45 mn RPM

MERCREDI

COURS COLLECTIFS	CYCLES
10H00 LES MILLS 45 mn CORE	
12H30 LES MILLS 45 mn CORE	
17H30 LES MILLS 45 mn BODYATTACK	
18H30 LES MILLS 45 mn BODYCOMBAT	
19H30 LES MILLS 45 mn CORE	19H00 LES MILLS 45 mn RPM

JEUDI

COURS COLLECTIFS	CYCLES
	10H00 LES MILLS 45 mn RPM
12H30 LES MILLS 45 mn BODYCOMBAT	12H30 LES MILLS 45 mn RPM
12H30 LES MILLS 30 mn GRIT	12H30 En zone fonctionnelle LES MILLS 30 mn
17H30 LES MILLS 55 mn BODYPUMP	
18H30 LES MILLS 45 mn BODYSTEP	18H30 LES MILLS 45 mn RPM
19H30 LES MILLS 55 mn BODYBALANCE	En zone fonctionnelle 19H30 LES MILLS 30 mn GRIT

VENDREDI

COURS COLLECTIFS	CYCLES
9H30 LES MILLS 30 mn GRIT	
10H00 LES MILLS 55 mn BODYBALANCE	
12H30 LES MILLS 45 mn BODYPUMP	12H30 LES MILLS 30 mn sprint
17H30 LES MILLS 45 mn CORE	
18H15 LES MILLS 45 mn BODYATTACK	

SAMEDI

COURS COLLECTIFS	CYCLES
9H00 LES MILLS 55 mn BODYBALANCE	
	10H00 LES MILLS 45 mn RPM
11H00 LES MILLS 45 mn BODYPUMP	

BODYFIT
CRÉATEUR DE MOMENTS PRÉCIEUX

16 avenue de l'entreprise
12000, Rodez
05.65.68.12.21

Du lundi au dimanche
de 6h à 23h
www.body-fit.fr



@bodyfitrodez

ABONNEMENT SMALL GROUP
pour tous adhérents à la salle
10€/MOIS EN ILLIMITE
OU 10€ = 10 réservations

BODYFIT
CRÉATEUR DE MOMENTS PRÉCIEUX

RESERVATIONS SUR DECIPLUS

LUNDI

OPEN GYM
(6H - 12H20)

12 H 30
TRX

OPEN GYM
(13H30 - 18H20)

18 H 30
BOXING

19 H 30
TRX

OPEN GYM
(20H30 - 23H)

MARDI

OPEN GYM
(6H - 12H20)

12 H 30
TRAINING

OPEN GYM
(13H30 - 17H20)

17 H 30
TRAINING

OPEN GYM
(18H30 - 23H)

MERCREDI

OPEN GYM
(6H - 12H20)

12 H 30
BOXING

OPEN GYM
(13H30 - 18H00)

18 H 15
TRX

OPEN GYM
(19H15 - 23H)

JEUDI

OPEN GYM
(6H - 12H20)

12 H 30
GRIT

OPEN GYM
(13H30 - 18H20)

18 H 30
HALTÉRO

19 H 30
GRIT

OPEN GYM
(20H00 - 23H)

VENDREDI

OPEN GYM
(6H - 12H20)

12 H 30
TRAINING

OPEN GYM
(13H30 - 17H50)

18 H 00
TRAINING

OPEN GYM
(19H00 - 23H)

SAMEDI

OPEN GYM
(6H - 09H50)

10 H 00
TRAINING TEAM

11 H 00
TRAINING TEAM

OPEN GYM
(12H00 - 23H)

DIMANCHE

OPEN GYM
(6H - 23H)

LUNDI

COURS COLLECTIFS	CYCLES
6H15 Pump	6H30 RPM
7H15 Attack	7H30 Sprint
8H15 Core 45'	8H30 The Trip
9H30 LISELLE BODYPUMP coach	9H30 RPM
10H30 LISELLE BODYBALANCE coach	10H30 The Trip
11H30 Barre 30'	11H30 Sprint
12H30 LISELLE BODYATTACK coach	12H30 The Trip
13H30 Core 45'	13H30 RPM
14H30 Pump	14H30 The Trip
15H30 Barre 30'	15H30 Sprint
16H30 Sh'bam	16H30 RPM
17H30 LISELLE BODYSTEP coach	17H30 Sprint coach
18H30 LISELLE BODYPUMP coach	18H30 coach
19H30 LISELLE BODYCOMBAT coach	19H30 The Trip
20H30 Balance	20H30 RPM
21H30 Core 45'	21H30 Sprint

MARDI

COURS COLLECTIFS	CYCLES
6H15 Core 45'	6H30 The Trip
7H15 Pump	7H30 RPM
8H15 Combat 45'	8H30 Sprint
9H00 Grit	9H00 The Trip
9H30 Core 30'	9H30 Sprint
10H00 Pump	10H00 LISELLE RPM coach
11H00 Core 30'	11H00 The Trip
12H30 Sh'bam	12H30 LISELLE RPM coach
13H30 LISELLE BODYBALANCE coach	13H30 LISELLE RPM coach
14H30 Pump	14H30 Sprint
15H30 Core 45'	15H30 Sprint
16H30 Attack	16H30 The Trip
17H30 Combat	17H30 Sprint
17H30 LISELLE BODYBALANCE coach	17H30 The Trip
18H15 19H00 LISELLE BODYBALANCE coach	18H30 Sprint coach
19H30 CORE GRIT	19H30 LISELLE RPM coach
19H30 LISELLE BODYPUMP coach	19H30 coach
20H30 Combat	20H30 The Trip
21H30 Pump	21H30 RPM

MERCREDI

COURS COLLECTIFS	CYCLES
6H15 Balance	6H30 Sprint
7H15 Combat	7H30 The Trip
8H15 Pump	8H30 RPM
9H15 Core 30'	9H30 Sprint
10H00 CORE coach	10H00 The Trip
11H00 Attack	11H00 Sprint
12H30 CORE coach	12H30 The Trip
13H30 Grit	13H30 RPM
14H30 Sh'bam	14H30 Sprint
15H30 Pump	15H30 RPM
16H30 Balance	16H30 The Trip
17H30 LISELLE BODYATTACK coach	17H30 RPM
18H30 LISELLE BODYCOMBAT coach	18H15 Sprint
19H30 CORE coach	19H00 LISELLE RPM coach
20H30 Grit	20H00 The Trip
21H30 Barre	21H30 Sprint

JEUDI

COURS COLLECTIFS	CYCLES
6H15 Core 45'	6H30 RPM
7H15 Pump	7H30 Sprint
8H15 Combat	8H30 The Trip
9H00 Grit	9H15 Sprint
9H30 Core 30'	10H00 LISELLE RPM coach
10H00 Pump	11H00 The Trip
11H00 Core 30'	12H30 LISELLE RPM coach
11H30 Sh'bam	11H30 Sprint
12H30 LISELLE BODYCOMBAT coach	13H30 The Trip
13H30 Pump	14H30 RPM
14H30 Core 45'	15H30 Sprint
15H30 Attack	16H30 RPM
16H30 Combat	17H30 Sprint
17H30 LISELLE BODYPUMP coach	18H30 LISELLE RPM coach
18H30 LISELLE BODYSTEP coach	19H30 The Trip
19H30 LISELLE BODYBALANCE coach	20H30 RPM
20H30 Combat	21H30 The Trip
21H30 Pump	21H30 Sprint

VENDREDI

COURS COLLECTIFS	CYCLES
6H15 Combat	6H30 The Trip
7H15 Core 45'	7H30 RPM
8H15 Attack	8H30 Sprint
9H30 LISELLE BODYGRIT coach	9H30 Sprint
10H00 LISELLE BODYBALANCE coach	10H30 The Trip
11H00 Combat	11H30 Sprint
12H30 LISELLE BODYPUMP coach	12H30 Sprint coach
13H30 Attack	13H30 The Trip
14H30 Combat	14H30 RPM
15H30 Pump	15H30 The Trip
16H30 Sh'bam	16H30 Sprint
17H30 LISELLE BODYBALANCE coach	17H30 RPM
18H15 LISELLE BODYATTACK coach	18H30 The Trip
19H30 Pump	19H30 RPM
20H30 Sh'bam	20H30 Sprint
21H30 Combat	21H30 RPM

SAMEDI

COURS COLLECTIFS	CYCLES
6H15 Pump	6H30 Sprint
7H15 Barre	7H00 The Trip
7H50 Pump	8H00 RPM
9H00 LISELLE coach	9H00 Sprint
10h00 Core 45'	10H00 LISELLE RPM coach
11H00 LISELLE BODYPUMP coach	11H00 Sprint
12H30 Grit	11H30 The Trip
13H00 Core 30'	12H30 RPM
13H30 Combat	13H30 Sprint
14H30 Attack	14H30 The Trip
15H30 Core 45'	15H30 RPM
16H30 Barre	16H30 The Trip
17H30 Combat	17H30 Sprint
18H30 Pump	18H30 RPM
19H30 Sh'bam	19H30 The Trip
20H30 Pump	20H30 Sprint
21H30 Balance	21H30 RPM

DIMANCHE

COURS COLLECTIFS	CYCLES
6H15 Grit	6H30 RPM
7H15 Pump	7H30 Sprint
8H15 Core 45'	8H30 The Trip
9H15 Pump	9H30 RPM
10H15 Combat	10H30 Sprint
11H15 Balance	11H30 The Trip
12H15 Sh'bam	12H30 RPM
13H30 Pump	13H30 The Trip
14H30 Grit	14H30 RPM
15H30 Attack	15H30 Sprint
16H30 Core 45'	16H30 RPM
17H30 Barre	17H30 The Trip
18H00 Core 30'	18H00 Sprint
18H30 Combat	18H30 RPM
19H30 Balance	19H30 Sprint
20H30 Grit	20H30 The Trip
21H30 Sh'bam	21H30 RPM