

LUNDI

COURS COLLECTIFS	CYCLES
9H30 LesMILLS 55 mn BODYPUMP	
10H30 LesMILLS 55 mn BODYBALANCE	
12H30 LesMILLS 45mn BODYATTACK	
17H30 LesMILLS 30 mn GRIT	
18H00 LesMILLS 30 mn CORE	
18H30 LesMILLS 55mn BODYPUMP	18H30 LesMILLS 45mn RPM
19H30 LesMILLS 55 mn BODYCOMBAT	

MARDI

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

MERCREDI

COURS COLLECTIFS	CYCLES
10H00 LesMILLS 45mn CORE	
12H30 LesMILLS 45mn CORE	
17H30 LesMILLS 55mn BODYATTACK	
18H30 LesMILLS 55mn BODYCOMBAT	
	19H00 LesMILLS 45mn RPM
19H30 LesMILLS 45mn CORE	

JEUDI

COURS COLLECTIFS	CYCLES
	10H00 LesMILLS 45mn RPM
12H30 LesMILLS 45mn BODYCOMBAT	12H30 LesMILLS 45mn RPM
	12H30 LesMILLS 30mn GRIT En zone Smallgroup Training
17H30 LesMILLS 55mn BODYPUMP	17H30 LesMILLS 30 mn sprint
18H30 LesMILLS 45mn CORE	18H30 LesMILLS 45mn RPM
19H30 LesMILLS 55mn BODYBALANCE	

VENDREDI

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

SAMEDI

COURS COLLECTIFS	CYCLES
9H00 LesMILLS 55mn BODYBALANCE	
	10H00 LesMILLS 45mn RPM
11H00 LesMILLS 45mn 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

LUNDI

MARDI

MERCREDI

JEUDI

VENREDI

SAMEDI

DIMANCHE

COURS COLLECTIFS	CYCLES
6H15	6H30
Pump	RPM
7H15	7H30
Attack	Sprint
8H15	8H30
Core 45'	The Trip
9H30	9H30
<small>LES MILLS BODYPUMP</small> coach	RPM
10H30	10H30
<small>LES MILLS BODYBALANCE</small> coach	The Trip
11H30	11H30
Barre 30'	Sprint
12H30	12H30
<small>LES MILLS BODYATTACK</small> coach	The Trip
13H30	13H30
Core 45'	RPM
14H30	14H30
Pump	The Trip
15H30	15H30
Barre 30'	Sprint
16H30	16H30
Sh'bam	RPM
17H30 18H00	17H30
<small>LES MILLS GRIT</small> coach	<small>LES MILLS CORE</small> Sprint
18H30	18H30
<small>LES MILLS BODYPUMP</small> coach	<small>LES MILLS RPM</small> coach
19H30	19H30
<small>LES MILLS BODYCOMBAT</small> coach	The Trip
20H30	20H30
Balance	RPM
21H30	21H30
Core 45'	Sprint

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

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

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

COURS COLLECTIFS	CYCLES
6H15	6H30
Combat	The Trip
7H15	7H30
Core 45'	RPM
8H15	8H30
Attack	Sprint
9H30	9H30
<small>LES MILLS GRIT</small> coach	RPM
10H00	10H30
<small>LES MILLS BODYBALANCE</small> coach	The Trip
11H00	11H30
Combat	Sprint
12H30	12H30
<small>LES MILLS BODYPUMP</small> coach	<small>LES MILLS Sprint</small> coach
13H30	
Attack	
14H30	
Combat	
15H30	15H30
Pump	The Trip
16H30	16H30
Sh'bam	Sprint
17H30	17H30
<small>LES MILLS CORE</small> coach	RPM
18H15	18H30
<small>LES MILLS BODYATTACK</small> coach	The Trip
19H30	19H30
Pump	RPM
20H30	20H30
Sh'bam	Sprint
21H30	21H30
Combat	RPM

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

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

PLANNING SMALL GROUP TRAINING

- Accès illimité avec votre ABONNEMENT PACK BODYSTRONG et BODYFORM
- *GRIT Pack BODYMOVE
- Réservation sur Club Connect

BODYFIT
CRÉATEUR DE MOMENTS PRÉCIEUX

LUNDI

OPEN GYM
(6H - 12H20)

12 H 30
TRX

OPEN GYM
(13H30 - 17H20)

17 H 30
BOXING

18 H 30
WOD HALTERO

19 H 30
TRX

OPEN GYM
(20H30 - 23H)

MARDI

OPEN GYM
(6H - 08H50)

9 H 00
WOD

OPEN GYM
(10H - 12H20)

12 H 30
WOD

OPEN GYM
(13H30 - 17H20)

17 H 30
WOD

18 H 30
WOD

OPEN GYM
(19H30 - 23H)

MERCREDI

OPEN GYM
(6H - 12H20)

12 H 30
BOXING

OPEN GYM
(13H30 - 17H50)

18 H 00
TRX

19 H 00
WOD GYM

OPEN GYM
(20H00 - 23H)

JEUDI

OPEN GYM
(6H - 12H20)

12 H 30
GRIT

OPEN GYM
(13H30 - 18H20)

18 H 30
WOD HALTERO

19 H 30
BOXING

OPEN GYM
(20H30 - 23H)

VENDREDI

OPEN GYM
(6H - 12H20)

12 H 30
WOD

OPEN GYM
(13H30 - 17H20)

17 H 30
WOD

18 H 30
WOD

OPEN GYM
(19H30 - 23H)

SAMEDI

OPEN GYM
(6H - 09H50)

10 H 00
WOD TEAM

11 H 00
WOD TEAM

OPEN GYM
(12H00 - 23H)

DIMANCHE

OPEN GYM
(6H - 23H)