

LUNDI

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

MARDI

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

MERCREDI

COURS COLLECTIFS	CYCLES
10H00 LES MILLS 45mn CORE	
12H30 LES MILLS 45mn CORE	
17H30 Strength Development 45mn	
18H30 LES MILLS 55mn BODYCOMBAT	18H30 LES MILLS 45mn RPM
19H30 LES MILLS 45mn CORE	

JEUDI

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

VENDREDI

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

SAMEDI

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

SMALL GROUP



RÉSERVATIONS SUR CLUB CONNECT

LUNDI

OPEN GYM
(6H - 12H20)

12 H 30
HALTÉRO

OPEN GYM
(13H30 - 17H20)

17 H 30
BOXING

18 H 30
HALTÉRO

19 H 30
TRX

OPEN GYM
(20H30 - 23H)

MARDI

OPEN GYM
(6H - 8H50)

9 H **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 - 17H20)

17 H 30
TRX

18 H 30
GYM

OPEN GYM
(19H30 - 23H)

JEUDI

OPEN GYM
(6H - 12H20)

12 H 30
TRX

OPEN GYM
(13H30 - 18H20)

18 H 30
HALTÉRO

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 - 9H50)

10 H
WOD TEAM

11 H
WOD TEAM

OPEN GYM
(11H30 - 23H)

DIMANCHE

OPEN GYM
(6H - 23H)

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
Core 30'	Sprint
12H30	12H30
<small>LES MILLS BODYATTACK</small> coach	The Trip
13H30	13H30
Core 45'	RPM
14H30	14H30
Pump	The Trip
15H30	15H30
Balance	Sprint
	16H30
	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
Balance	Sprint
9H15	9H00
Core 30'	The Trip
10H00	10H00
Pump	<small>LES MILLS RPM</small> coach
11H00	11H00
Core 45'	The Trip
12H30	12H30
<small>LES MILLS BODYBALANCE</small> coach	<small>LES MILLS RPM</small> coach
13H30	
Pump	
14H30	
Core 45'	
15H30	15H30
Pump	The Trip
16H30	16H30
Core 45'	Sprint
17H30	17H30
<small>LES MILLS BODYBALANCE</small> coach	The Trip
18H15 19H00	18H30
coach	coach
<small>LES MILLS CORE</small> <small>LES MILLS GRIT</small>	Sprint
19H30	19H30
Strength Development	<small>LES MILLS RPM</small> coach
20H30	20H30
Combat	The Trip
21H30	21H30
Pump	RPM

COURS COLLECTIFS	CYCLES
6H15	6H30
Balance	Sprint
7H15	7H30
Core 45'	The Trip
8H15	8H30
Pump	RPM
10H00	10H00
<small>LES MILLS CORE</small> coach	The Trip
11H00	11H00
Balance	Sprint
12H30	12H30
<small>LES MILLS CORE</small> coach	The Trip
13H15	13H30
Grit	RPM
14H30	14H30
Core 45'	Sprint
15H30	15H30
Pump	RPM
16H30	16H30
Balance	The Trip
17H30	17H30
Strength Development	<small>LES MILLS RPM</small> coach
18H30	18H30
<small>LES MILLS BODYCOMBAT</small> coach	<small>LES MILLS RPM</small> coach
19H30	
<small>LES MILLS CORE</small> coach	
20H30	20H00
Grit	The Trip
21H30	21H30
Balance	Sprint

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

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