

# LUNDI

COURS COLLECTIFS	CYCLES
<b>9H30</b> LES MILLS 55 mn <b>BODYPUMP</b>	
<b>10H30</b> LES MILLS 55 mn <b>BODYBALANCE</b>	
<b>12H30</b> LES MILLS 45mn <b>BODYATTACK</b>	
<b>17H30</b> LES MILLS 45 mn <b>PILATES</b>	
<b>18H30</b> LES MILLS 55mn <b>BODYPUMP</b>	<b>18H30</b> LES MILLS 45mn <b>RPM</b>
<b>19H30</b> LES MILLS 55 mn <b>BODYCOMBAT</b>	

# MARDI

COURS COLLECTIFS	CYCLES
	<b>10H00</b> LES MILLS 45mn <b>RPM</b>
<b>12H30</b> LES MILLS 45mn <b>PILATES</b>	<b>12H30</b> LES MILLS 45mn <b>RPM</b>
<b>17H30</b> LES MILLS 45mn <b>BODYBALANCE</b>	
<b>18H15</b> LES MILLS 45mn <b>CORE</b>	<b>18H30</b> LES MILLS 30mn <b>sprint</b>
<b>19H00</b> LES MILLS 30mn <b>GRIT</b>	
<b>19H30</b> LES MILLS 45mn <b>FUNCTIONAL STRENGTH</b>	<b>19H30</b> LES MILLS 45mn <b>RPM</b>

# MERCREDI

COURS COLLECTIFS	CYCLES
<b>10H00</b> LES MILLS 45mn <b>Shapes</b>	
<b>12H30</b> LES MILLS 45mn <b>FUNCTIONAL STRENGTH</b>	
<b>17H30</b> LES MILLS 55mn <b>BODYPUMP</b>	
<b>18H30</b> LES MILLS 55mn <b>BODYCOMBAT</b>	<b>18H30</b> LES MILLS 45mn <b>RPM</b>
<b>19H30</b> LES MILLS 45mn <b>CORE</b>	

# JEUDI

COURS COLLECTIFS	CYCLES
<b>9H30</b> LES MILLS 45mn <b>PILATES</b>	
	<b>10H15</b> LES MILLS 45mn <b>RPM</b>
<b>12H30</b> LES MILLS 30mn <b>GRIT</b>	<b>12H30</b> LES MILLS 45mn <b>RPM</b>
<b>17H30</b> LES MILLS 45mn <b>FUNCTIONAL STRENGTH</b>	<b>17H30</b> LES MILLS 30 mn <b>sprint</b>
<b>18H15</b> LES MILLS 30 mn <b>CORE</b>	<b>18H30</b> LES MILLS 45mn <b>RPM</b>
<b>18H45</b> LES MILLS 45mn <b>Shapes</b>	
<b>19H30</b> LES MILLS 55mn <b>BODYBALANCE</b>	

# VENREDI

COURS COLLECTIFS	CYCLES
<b>9H30</b> LES MILLS 30mn <b>GRIT</b>	
<b>10H00</b> LES MILLS 55 mn <b>BODYBALANCE</b>	
<b>12H30</b> LES MILLS 45mn <b>BODYPUMP</b>	<b>12H30</b> LES MILLS 30mn <b>sprint</b>
<b>17H30</b> LES MILLS 45 mn <b>Shapes</b>	
<b>18H15</b> LES MILLS 55 mn <b>BODYATTACK</b>	

# SAMEDI

COURS COLLECTIFS	CYCLES
<b>9H00</b> LES MILLS 55mn <b>BODYBALANCE</b>	
	<b>10H00</b> LES MILLS 45mn <b>RPM</b>
<b>11H00</b> LES MILLS 55 mn <b>BODYPUMP</b>	

**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

# VENDREDI

# SAMEDI

# DIMANCHE

COURS COLLECTIFS	CYCLES
6H15	6H30
Pump	RPM
7H15	7H30
Attack	Sprint
8H15	8H30
Core 45'	The Trip
9H30	9H30
LES MILLS BODYPUMP coach	RPM
10H30	10H30
LES MILLS BODYBALANCE coach	The Trip
11H30	11H30
Core 30'	Sprint
12H30	12H30
LES MILLS BODYATTACK coach	The Trip
13H30	13H30
Core 45'	RPM
14H30	14H30
Pump	The Trip
15H30	15H30
Balance	Sprint
	16H30
	RPM
17H30	17H30
LES MILLS PILATES coach	Sprint
18H30	18H30
LES MILLS BODYPUMP coach	LES MILLS RPM coach
19H30	19H30
LES MILLS BODYCOMBAT 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	LES MILLS RPM coach
11H00	11H00
Core 45'	The Trip
12H30	12H30
LES MILLS PILATES coach	LES MILLS RPM coach
13H30	
Pump	
14H30	
Core 45'	
15H30	15H30
Pump	The Trip
16H30	16H30
Core 45'	Sprint
17H30	17H30
LES MILLS BODYBALANCE coach	The Trip
18H15   19H00	18H30
coach	LES MILLS coach
LES MILLS CORE GRIT	sprint
19H30	19H30
LES MILLS FUNCTIONAL STRENGTH coach	LES MILLS RPM 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
	Sprint
10H00	10H00
LES MILLS Shapes coach	The Trip
11H00	11H00
Balance	Sprint
12H30	12H30
LES MILLS FUNCTIONAL STRENGTH coach	The Trip
13H15	13H30
Grit	RPM
14H30	14H30
Core 45'	Sprint
15H30	15H30
Pump	RPM
16H30	16H30
Balance	The Trip
17H30	17H30
LES MILLS BODYPUMP coach	RPM
18H30	18H30
LES MILLS BODYCOMBAT coach	LES MILLS RPM coach
19H30	
LES MILLS CORE coach	
20H30	20H00
Grit	The Trip
21H30	21H30
Balance	Sprint

COURS COLLECTIFS	CYCLES
6H15	6H30
Core 45'	RPM
7H15	7H30
Pump	Sprint
8H15	8H30
Core 45'	The Trip
9H30	9H15
LES MILLS PILATES coach	Sprint
10H30	10H15
Pump	LES MILLS RPM coach
11H30	11H15
Core 30'	The Trip
12H30	12H30
Grit coach	LES MILLS RPM coach
13H30	13H30
Pump	The Trip
14H30	14H30
Core 45'	RPM
15H30	15H30
Balance	Sprint
	16H30
	RPM
17H30	17H30
LES MILLS FUNCTIONAL STRENGTH coach	LES MILLS sprint coach
18H15   18H45	18H30
LES MILLS CORE coach	LES MILLS Shapes coach
LES MILLS RPM	LES MILLS RPM coach
19H30	19H30
LES MILLS BODYBALANCE 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
LES MILLS GRIT coach	RPM
10H00	10H30
LES MILLS BODYBALANCE coach	The Trip
11H00	11H30
Core 45'	Sprint
12H30	12H30
LES MILLS BODYPUMP coach	LES MILLS sprint coach
13H30	
Balance	
14H30	
Core 45'	
15H30	15H30
Pump	The Trip
	16H30
	Sprint
17H30	17H30
LES MILLS Shapes coach	RPM
18H15	18H30
LES MILLS BODYATTACK 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
LES MILLS BODYBALANCE coach	Sprint
10h00	10H00
Core 45'	LES MILLS RPM coach
11H00	11H00
LES MILLS BODYPUMP 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

# SMALL GROUP

# BODYFIT

CRÉATEUR DE MOMENTS PRÉCIEUX

RÉSERVATIONS SUR CLUB CONNECT

BodyStrong/Form

## LUNDI

**OPEN GYM  
(6H - 12H20)**

**12 H 30  
HALTERO**

**OPEN GYM  
(13H30 - 17H20)**

**17 H 30  
BOXING**

**18 H 30  
HALTÉRO**

**19 H 30  
TRX**

**OPEN GYM  
(20H30 - 23H)**

## MARDI

**OPEN GYM  
(6H - 9H)**

**9 H 00  
WOD**

**12 H 30  
WOD**

**OPEN GYM  
(13H30 - 17H20)**

**17 H 30  
WOD**

**18 H 30  
WOD**

**19 H 30  
WOD**

**OPEN GYM  
(20H30 - 23H)**

## MERCREDI

**OPEN GYM  
(6H - 12H20)**

**12 H 30  
BOXING**

**OPEN GYM  
(13H30 - 16H20)**

**17 H 30  
TRX**

**18 H 30  
GYM**

**19 H 30  
WOD CARDIO**

**OPEN GYM  
(20H30 - 23H)**

## JEUDI

**OPEN GYM  
(6H - 12H20)**

**12 H 30  
TRX**

**OPEN GYM  
(13H30 - 17H20)**

**17 H 30  
WOD CARDIO**

**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

**9 H 30  
WOD TEAM**

**10 H 30  
WOD TEAM**

**OPEN GYM  
(11H30 - 23H)**

## DIMANCHE

**OPEN GYM  
(6H - 23H)**