

PLANNING 2026

Cours avec coach

LUNDI

COURS COLLECTIFS	CYCLES	TEAM TRAINING
9H30 LES MILLS BODYPUMP		
10H30 LES MILLS BODYBALANCE		
	11H30	TRX
12H30 LES MILLS BODYCOMBAT		TRX
17H30 LES MILLS PILATES	17H30 LES MILLS sprint	17H30 round
18H30 LES MILLS BODYPUMP	18H30 LES MILLS RPM	18H30 CEREMONY
19H30 LES MILLS BODYCOMBAT		19H30 WOD CARDIO

MARDI

COURS COLLECTIFS	CYCLES	TEAM TRAINING
		9H00
	9H30 LES MILLS RPM	WOD
10H15 LES MILLS yoga		
12H30 LES MILLS PILATES	12H30 LES MILLS RPM	12H30 CEREMONY
17H30 LES MILLS BODYBALANCE		17H30 CEREMONY
18H30 LES MILLS CORE	18H30 LES MILLS sprint	18H30 Strength Development
		19H00 LES MILLS GRIT
19H30 STEP	19H30 LES MILLS RPM	19H30 WOD

MERCREDI

COURS COLLECTIFS	CYCLES	TEAM TRAINING
		9H00
		Strength Development
10H00 LES MILLS Shapes		
12H30 LES MILLS yoga		12H30 Strength Development
17H30 LES MILLS BODYPUMP		17H30 WOD CARDIO
18H30 LES MILLS BODYCOMBAT	18H30 LES MILLS RPM	18H30 TRX
19H30 LES MILLS CORE		19H30 Strength Development

JEUDI

COURS COLLECTIFS	CYCLES	TEAM TRAINING
9H30 LES MILLS PILATES		
	10H15 LES MILLS RPM	
12H30 LES MILLS CORE	12H30 LES MILLS RPM	12H30 LES MILLS GRIT
17H30 STEP		17H30 WOD
18H30 LES MILLS Shapes	18H30 LES MILLS RPM	18H30 round
19H30 LES MILLS yoga		19H30 CEREMONY

VENDREDI

COURS COLLECTIFS	CYCLES	TEAM TRAINING
		9H30
		LES MILLS GRIT
10H00 LES MILLS BODYBALANCE		
12H30 LES MILLS BODYPUMP	12H30 LES MILLS sprint	12H30 WOD
17H30 LES MILLS Shapes		17H30 Strength Development
18H30 LES MILLS BODYATTACK		18H30 WOD

SAMEDI

COURS COLLECTIFS	CYCLES	TEAM TRAINING
9H00 LES MILLS BODYBALANCE		9H30 LES MILLS GRIT
	10H00	10H00
	LES MILLS RPM	WOD TEAM
11H00 LES MILLS BODYPUMP		

BODYFIT
CRÉATEUR DE MOMENTS PRÉCIEUX

SUIVEZ-NOUS



@bodyfitrodez

16 Av de l'Entreprise
PARC DES MOUTIERS
12000 RODEZ
05.65.68.12.21
7j/7 - 6h-23h

COURS VIRTUELS 2026

BODYFIT
CRÉATEUR DE MOMENTS PRÉCIEUX

LES MILLS
VIRTUAL

LUNDI

COURS COLLECTIFS	CYCLES
6H30	6H30
Pump	RPM
7H30	7H30
Balance	Sprint
8H30	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 BODYCOMBAT coach	The Trip
13H30	13H30
Core 45'	RPM
14H30	14H30
Grit	The Trip
15H00	15H30
Pump	Sprint
16H00	16H30
Balance	RPM
17H30	17H30
PILATES coach	sprint coach
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

MARDI

COURS COLLECTIFS	CYCLES
6H30	6H30
Core 45'	The Trip
7H30	7H30
Pump	RPM
8H30	8H30
Balance	Sprint
9H30	9H00
Core 30'	The Trip
10H5	10H00
LES MILLS coach yoga	LES MILLS RPM coach
11H15	11H00
Core 45'	The Trip
12H30	12H30
LES MILLS PILATES coach	LES MILLS RPM coach
13H30	13H30
Pump	The Trip
14H30	14H30
Core 45'	
15H30	15H30
Grit	The Trip
16H00	16H30
Core 45'	Sprint
17H30	17H30
LES MILLS BODYBALANCE coach	The Trip
18H15	18H30
coach	coach
CORE	sprint
19H30	19H30
STEP coach	LES MILLS RPM coach
20H30	20H30
Combat	The Trip
21H30	21H30
Pump	RPM

MERCREDI

COURS COLLECTIFS	CYCLES
6H30	6H30
Balance	Sprint
7H30	7H00
Core 30'	The Trip
8H00	8H00
Pump	RPM
9H00	9H00
	Sprint
Attack 45'	9H30
	The Trip
10H00	10H30
LES MILLS Shapes coach	RPM
11H00	11H30
Balance	Sprint
12H30	12H30
yoga coach	The Trip
13H30	13H30
	Grit
14H00	14H30
Pump	The Trip
15H00	15H30
Core 45'	RPM
16H00	16H30
Balance	The Trip
17H30	17H30
LES MILLS BODYPUMP coach	RPM
18H30	18H30
LES MILLS BODYCOMBAT coach	LES MILLS RPM coach
19H30	19H30
CORE coach	Sprint
20H30	20H00
	Grit
	The Trip
21H30	21H / 21H30
Balance	Sprint
	The Trip

JEUDI

COURS COLLECTIFS	CYCLES
6H30	6H30
Core 45'	RPM
7H30	7H30
Pump	Sprint
8H30	8H30
Balance	The Trip
9H30	9H30
PILATES coach	Sprint
10H30	10H15
Pump	LES MILLS RPM coach
11H30	11H15
Core 30'	The Trip
12H30	12H30
Core coach	LES MILLS RPM coach
13H30	13H30
Core 45'	The Trip
14H30	14H30
Balance	RPM
15H30	15H30
Pump	Sprint
16H30	16H30
Grit	RPM
17H30	17H30
STEP coach	Sprint
18h30	18H30
LES MILLS Shapes coach	LES MILLS RPM coach
19H30	19H30
yoga coach	The Trip
20H30	20H30
Combat	RPM
21H30	21H30
Pump	Sprint

VENREDI

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

SAMEDI

COURS COLLECTIFS	CYCLES
6H30	6H30
Grit	Sprint
7H00	7H00
Core 45'	The Trip
8H00	8H00
Grit	RPM
9H00	9H00
LES MILLS BODYBALANCE coach	Sprint
10h00	10H00
Core 45'	LES MILLS RPM coach
11H00	11H00
LES MILLS BODYPUMP coach	The Trip
12H30	12H30
Grit	RPM
13H30	13H30
Pump	Sprint
14H30	14H30
Balance	The Trip
15H30	15H30
Core 45'	RPM
16H30	16H30
Combat	The Trip
17H30	17H30
Pump	Sprint
18H30	18H30
Attack	RPM
19H30	19H30
LM Dance	The Trip
20H30	20H30
Pump	Sprint
21H30	21H30
Balance	RPM

DIMANCHE

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