

# PLANNING 2026

Cours avec coach

## LUNDI

| COURS COLLECTIFS               | CYCLES        | TEAM TRAINING |
|--------------------------------|---------------|---------------|
|                                |               |               |
| 9H30<br>LES MILLS BODYPUMP     |               |               |
| 10H30<br>LES MILLS BODYBALANCE |               |               |
|                                | 11H30         | TRX           |
| 12H30                          | 12H30         | TRX           |
| Strength Development           |               |               |
|                                |               |               |
|                                |               |               |
| 17H30<br>LES MILLS PILATES     | 17H30         | CEREMONY      |
| 18H30<br>LES MILLS BODYPUMP    | LES MILLS RPM | round         |
| 19H30<br>LES MILLS BODYCOMBAT  |               | WOD CARDIO    |

## MARDI

| COURS COLLECTIFS                  | CYCLES                | TEAM TRAINING         |
|-----------------------------------|-----------------------|-----------------------|
|                                   |                       | 9H00                  |
|                                   | 9H30<br>LES MILLS RPM | WOD HAUT/BAS DU CORPS |
| 10H15<br>yoga                     |                       |                       |
| 12H30                             | 12H30                 | 12H30                 |
| LES MILLS PILATES                 | LES MILLS RPM         | LES MILLS CEREMONY    |
|                                   |                       |                       |
| 17H30<br>LES MILLS BODYBALANCE    |                       | 17H30                 |
| 18H30<br>LES MILLS CORE           | LES MILLS sprint      | Strength Development  |
| 19H30<br>LES MILLS BODYPUMP HEAVY | LES MILLS RPM         | GRIT                  |

## MERCREDI

| COURS COLLECTIFS              | CYCLES        | TEAM TRAINING        |
|-------------------------------|---------------|----------------------|
|                               |               | 9H00                 |
|                               |               | Strength Development |
| 10H00<br>LES MILLS Shapes     |               |                      |
| 12H30<br>yoga                 |               | 12H30                |
|                               |               | Strength Development |
|                               |               |                      |
| 17H30<br>LES MILLS BODYPUMP   |               | 17H30                |
| 18H30<br>LES MILLS BODYCOMBAT | LES MILLS RPM | TRX                  |
| 19H30<br>LES MILLS CORE       |               | 19H30                |
|                               |               | Strength Development |

## JEUDI

| COURS COLLECTIFS          | CYCLES                 | TEAM TRAINING               |
|---------------------------|------------------------|-----------------------------|
|                           |                        |                             |
| 9H30<br>LES MILLS PILATES |                        |                             |
|                           | 10H15<br>LES MILLS RPM |                             |
| 12H30<br>LES MILLS CORE   | 12H30<br>LES MILLS RPM | 12H30<br>LES MILLS GRIT     |
|                           |                        |                             |
| 17H30<br>WOD ABDOS        |                        | 17H30<br>round              |
| 18H30<br>LES MILLS Shapes | 18H30<br>LES MILLS RPM | 18H30<br>LES MILLS CEREMONY |
| 19H30<br>yoga             |                        | 19H30<br>HYROX MAX          |

## VENDREDI

| COURS COLLECTIFS                  | CYCLES                    | TEAM TRAINING                  |
|-----------------------------------|---------------------------|--------------------------------|
|                                   |                           |                                |
|                                   |                           | 9H30                           |
|                                   |                           | LES MILLS GRIT                 |
| 10H00<br>LES MILLS BODYBALANCE    |                           |                                |
| 12H30<br>LES MILLS BODYPUMP HEAVY | 12H30<br>LES MILLS sprint | 12H30<br>WOD HAUT/BAS DU CORPS |
|                                   |                           |                                |
| 17H30<br>LES MILLS Shapes         |                           | 17H30                          |
|                                   |                           | Strength Development           |
|                                   |                           | 18H30                          |
|                                   |                           | WOD HAUT/BAS DU CORPS          |

## SAMEDI

| COURS COLLECTIFS                  | CYCLES        | TEAM TRAINING |
|-----------------------------------|---------------|---------------|
|                                   |               |               |
| 9H00<br>LES MILLS BODYBALANCE     |               | 9H00          |
|                                   |               | HYROX MAX     |
|                                   | 10H00         | 10H00         |
|                                   | LES MILLS RPM | WOD TEAM      |
| 11H00<br>LES MILLS BODYPUMP HEAVY |               |               |

**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