Planning 2026

Esprit Fitness

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
6h15	8h00-8h30 Pilates				Spinning	
8h30	Pilates	8h15 TRX / Body Balance	TRX / Stretching	Pilates / yoga	Pilates	Pilates / yoga
9h30	9h00 (zone evo) Fire Fit		Spinning	Stretching / Spinning	Pump	
9h30	CAF	Spinning	Body Sculpt	Body Sculpt		Zumba / Spinning
10h30				Pilates		Body Pump
12h15	Fire Fit / Body Balance	Circuit 45' / Spinning	Body Pump / Pilates	Interval Training	Body Pump / Spinning	
14h00	Body Pump	Pilates			(13h30) Pilates Postural	Dimanche
16h30	Zumba	Circuit 45' / ZumbaStep	Pump	Zumba	Pump	9h15 Spinning
17h30	Fire Fit / Circuit 45'	Body Pump / TRX	45' Fessiers / Interval Training	Body Pump	17h00 30' Abdos	9h30 Pump
17h30	Spinning			Interval Training	TRX / Spinning	(10h30) Spinning
18h00		Spinning	Spinning	Spinning		
18h30	TRX / Spinning	CAF	30'Abdos	45'Fessiers		
18h30	CAF	Body Balance	Body Balance			
19h00	19:30 Yoga		19h15 Boxe Thaïlandaise	Boxe Thaïlandaise		
19h30	Pump / Spinning	Yoga	Zumba	Circuit 45'		