



Fullfitness

centre de remise en forme

POWERED BY 
Worldwide Fitness Company

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
10:00	FULL GYM	10:00	PILATES	10:00	FULL GYM	10:00	CAF	10:00	FULL SCULPT	09:15	PILATES	09:15	FULL SCULPT
10:45	CAF	10:45	FULL GYM	10:45	STRETCHING	10:45	PILATES	10:45	STRETCHING	10:00	LES MILLS BODYPUMP	10:00	FUNCTIONAL TRAINING
11:30	CAF	11:30	FULL GYM	11:30	STRETCHING	11:30	PILATES	11:30	STRETCHING	10:45	LES MILLS BODYPUMP	10:45	FUNCTIONAL TRAINING
12:30	CAF	12:30	LES MILLS BODYPUMP	12:30	CAF	12:30	ZUMBA 🕺	12:30	LES MILLS BODYPUMP	10:45	FULL FIGHT	10:45	LES MILLS RPM
13:00	FULL FIGHT	13:00	ABDOS	13:00	PILATES	13:00	CAF	13:00	LES MILLS RPM	11:30	FULL FIGHT	11:30	LES MILLS RPM
13:30	FULL FIGHT	13:30	ABDOS	13:30	PILATES	13:30	CAF	13:30	LES MILLS RPM				

La direction se réserve le droit de modifier le planning à tout moment

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
18:00	LES MILLS BODYPUMP	18:00	FULL ATTACK	18:00	FULL FIGHT	18:00	FULL SCULPT	18:00	PILATES
18:45	FUNCTIONAL TRAINING	18:45	ZUMBA 🕺	18:45	LES MILLS BODYPUMP	18:45	ZUMBA 🕺	18:45	STEP DÉBUTANT
19:30	CAF	19:45	FUNCTIONAL TRAINING	19:45	STEP INTER/AVANCÉ	19:45	PILATES	19:30	STEP DÉBUTANT
20:15	CAF	20:30	FUNCTIONAL TRAINING	20:45	STEP INTER/AVANCÉ	20:30	PILATES		

OUVERT 7J/7

LA PLAINE

LUNDI AU VENDREDI
7h00 / 22h00

SAMEDI
09h00 / 19h00

DIMANCHE
09h00 / 19h00

05 61 20 30 30



Fullfitness

LesMILLS RPM • SPRINT

POWERED BY PANATTA
Worldwide Fitness Company

OUVERT 7J/7

LA PLAINE

LUNDI AU VENDREDI
7h00 / 22h00

SAMEDI
09h00 / 19h00

DIMANCHE
09h00 / 19h00

05 61 20 30 30

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
07:15 ⌚50'	07:15 ⌚50'	07:15 ⌚30'	07:15 ⌚50'	07:15 ⌚30'		
08:15 ⌚30'	08:15 ⌚30'	07:55 ⌚30'	08:15 ⌚50'	07:55 ⌚30'		
08:55 ⌚50'	08:55 ⌚30'	08:35 ⌚50'	09:15 ⌚50'	08:35 ⌚50'	09:15 ⌚50'	09:15 ⌚30'
09:55 ⌚30'	09:35 ⌚50'	09:35 ⌚50'	10:15 ⌚30'	09:35 ⌚50'	10:15 ⌚30'	09:55 ⌚30'
10:35 ⌚30'	10:35 ⌚30'	10:35 ⌚50'	10:55 ⌚30'	10:35 ⌚30'	10:55 ⌚30'	10:45 Live ⌚45'
11:10 ⌚50'	11:15 ⌚50'	11:35 ⌚30'	11:35 ⌚30'	11:15 ⌚30'	11:35 ⌚30'	11:40 ⌚30'
12:30 Live ⌚30'	12:15 ⌚30'	12:15 ⌚30'	12:15 ⌚30'	11:55 ⌚50'	12:15 ⌚30'	12:20 ⌚50'
13:15 ⌚30'	12:55 ⌚30'	12:55 ⌚30'	12:55 ⌚30'	13:00 Live ⌚45'	12:55 ⌚30'	13:20 ⌚50'
13:55 ⌚50'	13:35 ⌚50'	13:35 ⌚50'	13:35 ⌚50'	13:40 ⌚30'	13:35 ⌚50'	14:20 ⌚30'
14:55 ⌚30'	14:35 ⌚50'	14:35 ⌚50'	14:35 ⌚30'	14:20 ⌚30'	14:35 ⌚50'	15:00 ⌚30'
15:35 ⌚30'	15:35 ⌚30'	15:35 ⌚30'	15:15 ⌚30'	15:00 ⌚50'	15:35 ⌚30'	15:40 ⌚50'
16:15 ⌚50'	16:15 ⌚30'	16:15 ⌚30'	15:55 ⌚30'	16:00 ⌚50'	16:15 ⌚30'	16:40 ⌚30'
17:15 ⌚30'	16:55 ⌚30'	16:55 ⌚30'	17:05 ⌚30'	17:00 ⌚50'	16:55 ⌚50'	17:20 ⌚50'
17:45 ⌚30'	17:35 ⌚30'	17:35 ⌚50'	18:00 Live ⌚45'	18:00 ⌚30'	17:55 ⌚30'	18:20 ⌚30'
18:30 Live ⌚45'	18:15 ⌚50'	18:45 Live ⌚45'	18:55 ⌚30'	18:40 ⌚30'		
19:45 ⌚30'	19:30 Live ⌚45'	19:40 ⌚30'	19:35 ⌚50'	19:20 ⌚50'		
20:25 ⌚30'	20:30 ⌚30'	20:20 ⌚30'	20:35 ⌚30'	20:20 ⌚30'		
21:05 ⌚30'	21:10 ⌚30'	21:00 ⌚30'		21:00 ⌚30'		

Cours Vidéo RPM
 Cours Vidéo SPRINT
 Cours LIVE avec Coach