

Janvier 2026

PLANNING FITNESS ROQUEBRUNE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 ABDO-FESSIERS	9H30 BALANCE		9H30 PUMP	9H30 RPM	9H30 PUMP
10H30 STRETCHING	10H30 RPM	10H00 BODY STRONG	10H30 YOGA	10H30 BODY STRONG	10H45 RPM
12H30 PILATES	12H30 BODY COMBAT	12H30 RPM	12H30 RPM	12H30 PUMP	
15H00 YOGA					
18H15 BALANCE	18H15 PUMP	17H30 ABDO-FESSIERS			
18H30 RPM	19H15 YOGA	18H15 BODY ATTACK	18H15 RPM	18H15 STEP	
19H00 BODY COMBAT	19H30 RPM	19H00 BODY JAM	19H15 STRETCHING	19H00 PUMP	

Ouvert 7j/7 de 6h à 23h

