

PLANNING COURS COLLECTIFS

POITIERS

LUNDI

10H30 45'

LES MILLS BODYPUMP

12H30 45'

CROSS 45
HERO'S TRAINING

18H00 30'

LES MILLS SPRINT

18H35 45'

CROSS 45
HERO'S TRAINING

19H30 45'

CROSS 45
HERO'S TRAINING

20H15 30'

PILATES

MARDI

10H30 45'

PILATES

12H30 45'

CAF
CUISSSES ABDOS FESSIERS

18H15 45'

BOXING

19H15 45'

CAF
CUISSSES ABDOS FESSIERS

20H15 30'

STRETCH

MERCREDI

12H30 45'

CROSS 45
HERO'S TRAINING

17H20 45'

CROSS 45
HERO'S TRAINING

18H15 45'

LES MILLS RPM

19H00 45'

LES MILLS BODYBALANCE

JEUDI

10H30 45'

LES MILLS BODYBALANCE

12H30 30'

WOD 30
CROSS HALTERO

17H30 30'

WOD 30
CROSS HALTERO

18H00 45'

STEP

19H00 45'

LES MILLS RPM

VENDREDI

10H30 45'

CROSS 45
HERO'S TRAINING

12H30 45'

WOD 45
CROSS HALTERO

18H00 30'

LES MILLS BODYATTACK

18H45 45'

CROSS 45
HERO'S TRAINING

SAMEDI

10H10 30' (SEMAINE A)

LES MILLS RPM

10H50 45' (SEMAINE A)

LES MILLS BODYPUMP

11H45 45' (SEMAINE A)

PILATES

10H10 30' (SEMAINE B)

BOXING

10H50 45' (SEMAINE B)

LES MILLS HEAVY

11H45 45' (SEMAINE B)

LES MILLS BODYBALANCE



Découvrez aussi l'**HYROX** et le **PILATES REFORMER**

PLANNING COURS COLLECTIFS

CHASSENEUIL

LUNDI

10H30 45'

CROSS 45
HERO'S TRAINING

12H30 45'

HIIT

18H10 45'

ZUMBA

18H50 45'

LES MILLS RPM

MARDI

12H30 45'

LES MILLS RPM

18H00 45'

CAF
CUISSES ABDOS FESSIERS

18H50 45'

CROSS 45
HERO'S TRAINING

19H40 45'

PILATES

MERCREDI

10H30 45'

WOD 45
CROSS HALTERO

12H30 45'

CROSS 45
HERO'S TRAINING

18H00 45' 18H00 45'

LES MILLS RPM **CROSS 45**
HERO'S TRAINING

18H50 45' 18H50 45'

BOXING **LES MILLS BODYPUMP**

19H40 45'

YOGA

JEUDI

10H30 45'

PILATES

12H30 45'

LES MILLS BODYPUMP

18H00 45' 18H00 45'

STEP **WOD 45**
CROSS HALTERO

18H50 30'

LES MILLS sprint

19H25 45'

LES MILLS BODYPUMP

VENDREDI

12H30 45'

WOD 45
CROSS HALTERO

18H00 45'

CROSS 45
HERO'S TRAINING

18H50 (SEMAINE B) 45'

YOGA

SAMEDI

10H00 45'

LES MILLS BODYPUMP

10H50 45'

LES MILLS RPM



Découvrez aussi l'**HYROX** et le **PILATES REFORMER**

PLANNING

PILATES REFORMER

CHASSENEUIL

LUNDI

19H10 50'

REFORMER
PILATES

MARDI

10H30 (SEMAINE B) 50'

REFORMER
PILATES

MERCREDI

17H45 50'

REFORMER
PILATES

JEUDI

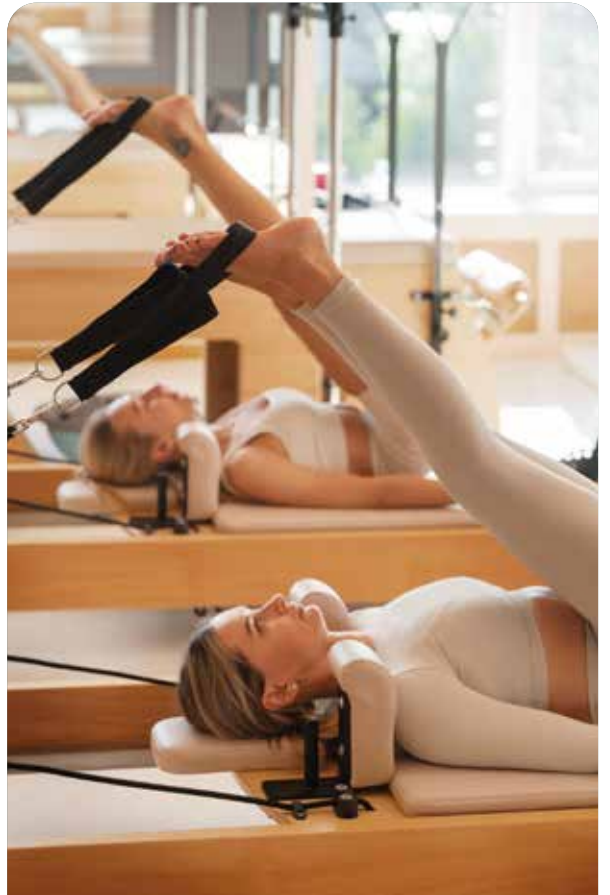
17H00 50'

REFORMER
PILATES

VENREDI

17H45 50'

REFORMER
PILATES



LES BIENFAITS

Une méthode complète et accessible à tous qui combine **renforcement musculaire profond, mobilité et contrôle** du mouvement grâce à l'utilisation de **REFORMER**.

*BOUGEZ MIEUX,
VIVIEZ MIEUX!*



HYROX TRAINING CLUB

Planning 2026-2027



LUNDI

17H45
FONDATION #1
CHASSENEUIL

19H40
FONDATION #1
CHASSENEUIL

MARDI

10H30 [SEMAINE A]
POWER #1
CHASSENEUIL

17H00
POWER #1
POITIERS

19H10
POWER #1
POITIERS

MERCREDI

10H30
ENGINE
OR
COMPLETE
#1
POITIERS

19H10
ENGINE
OR
COMPLETE
#1
POITIERS

JEUDI

18H50
FONDATION #2
CHASSENEUIL

19H40
FONDATION #2
POITIERS

VENDREDI

18H50 [SEMAINE A]
POWER #2
CHASSENEUIL

17H00
POWER #2
POITIERS

SAMEDI

9H00
ENGINE
OR
COMPLETE
#2
POITIERS

11H40
ENGINE
OR
COMPLETE
#2
CHASSENEUIL