

PLANNING BORDEAUX CHARTRONS

À partir du 6 juillet 2026

Lundi

10h30 (45')

STRETCHING

12h30

BODYPUMP

17h00 (30')

DOS & ABDOS

17h45 (45')

CAF

18h30 (45')

BODYCOMBAT | **RPM**

19h30 (45')

TIME'S SQUARE
CROSS TRAINING

Mardi

12h30 (45')

RPM | **PILATES***
REFORMER

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

HYROX

18h30 (45')

BODYATTACK

19h30 (45')

PILATES*
REFORMER

Mercredi

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

11h30 (45')

PILATES

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (30')

RPM

17h45 (45')

TIME'S SQUARE
CROSS TRAINING

18h30 (45')

CAF | **BOXING**

19h30 (30')

STRETCHING

Jeudi

12h30 (45')

HYROX

17h00 (30')

ABDOS FLASH

17h45 (45')

BODYPUMP

18h30 (45')

YOGA | **TIME'S SQUARE**
CROSS TRAINING

19h30 (45')

RPM

Vendredi

10h30 (45')

DOS & ABDOS

12h30 (45')

TIME'S SQUARE
CROSS TRAINING

17h00 (45')

TIME'S SQUARE
CROSS TRAINING

17h45 (45')

RPM

18h30 (45')

PILATES*
REFORMER

Samedi

10h30 (45')

TIME'S SQUARE
CROSS TRAINING

* Hors abonnement

 Cours VIP