

# PLANNING

## SAINT MÉDARD EN JALLES

À partir du 06 juillet 2026

**SQUARE GYM**  
UNITED SPORT CLUB

### Lundi

10h30 (45')

**CAF**

12h30 (45')

**HYROX** 

17h00 (30')

**ABDOS FLASH**

17h45 (45')

**TIME'S SQUARE**   
CROSS TRAINING

18h30 (45')

**BODYCOMBAT**

19h30 (45')

**BODYPUMP**

### Mardi

10h30 (45')

**PILATES**

11h30 (45')

**TIME'S SQUARE**   
CROSS TRAINING

12h30 (45')

**BODYCOMBAT**

17h00 (45')

**TIME'S SQUARE**   
CROSS TRAINING

17h45 (45')

**CAF**

18h30 (45')

**RPM**

19h30 (45')

**STEP**

### Mercredi

10h30 (45')

**YOGA**

12h30 (45')

**TIME'S SQUARE**   
CROSS TRAINING

17h00 (45')

**HYROX** 

17h45 (45')

**BODYPUMP**

18h30 (45')

**BODYATTACK**

19h30 (45')

**YOGA**

### Jeudi

10h30 (45')

**TIME'S SQUARE**   
CROSS TRAINING

11h30 (30')

**ABDOS FLASH**

12h30 (45')

**RPM**

17h00 (30')

**STRETCHING**

17h45 (45')

**TIME'S SQUARE**   
CROSS TRAINING

18h30 (45')

**CAF**

19h30 (45')

**DANSE**

### Vendredi

12h30 (45')

**BODYPUMP**

17h00 (45')

**RPM**

17h45 (30')

**PILATES**

18h30 (45')

**HYROX** 

19h30 (30')

**ABDOS FLASH**

 : Cours VIP