

JEAN BOUIN FITNESS

Planning des Cours Collectifs 2025/2026

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8h15-9h10		8h15-9h10		8h15-9h10	
STRETCHING		PILATES		FAC	
9h15-10h	9h15-10h	9h15-10h10	9h15-10h15	9h15-10h	9h15-10h
PILATES	FAC	BODYSULPT	 BODYPUMP	 ZUMBA /  YOGA Petite salle	BIKE
10h05-11h	10h05-11h	10h15-11h10	10h15-11h	10h05-11h	10h05-11h
 BODYPUMP	 BODYBALANCE	BIKE / CROSS TRAINING	STRETCHING	BODYSULPT	 BODYPUMP
11h15-12h	11h05-12h	11h15-12h	11h-12h	11h05-12h	11h05-12h
BIKE / YOGA Petite salle	PILATES	STRETCHING	PILATES	 BODYBALANCE	 BODYBALANCE
12h30-13h30	12h30-13h30	12h30-13h30	12h30-13h30	12h30-13h30	12h05-13h
BODYSULPT	CROSS TRAINING	 BODYPUMP	BIKE	PACK FORCE  CORE	CROSS TRAINING
17h-17h40	17h-17h30	17h-17h30	17h-17h30	17h-17h30	14h30-15h15
 CORE	FAC	BOOT CAMP	100% ABDO	 CORE	BODYSULPT
17h45-18h30	17h35-18h30	17h35-18h30	17h35-18h30	17h35-18h30	15h15-16h
STEP	 BODYPUMP / Team Training	 BODYBALANCE	 BODYATTACK / PILATES Petite salle	BIKE /  BODYCOMBAT	FAC
18h35-19h30	18h35-19h30	18h35-19h30	18h35-19h30	18h35-19h30	
 BODYATTACK / YOGA Petite salle	BIKE /  BODYCOMBAT	BIKE /  ZUMBA	 DANCE / HYCROSS	 BODYPUMP	
19h35-20h30	19h35-20h30	19h35-20h20	19h35-20h30	19h35-20h30	
 BODYPUMP	CROSS TRAINING	 CORE	CROSS TRAINING	PILATES	

Du lundi au vendredi de 7h à 21h
et le samedi de 9h à 17h

www.nice.fr - 04 97 13 49 57



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