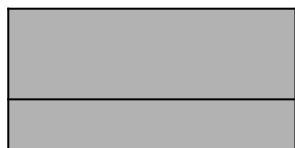
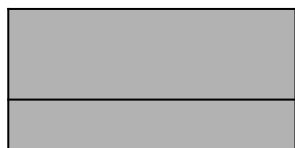




# PLANNING DES COURS COLLECTIFS AVEC COACHS

## À COMPTER DU 1<sup>er</sup> JANVIER 2026

LUNDI



MARDI

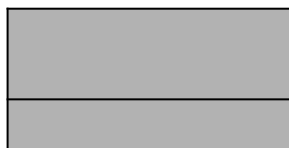
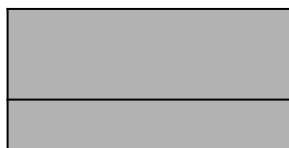
**Cuisses Abdos  
Fessiers (CAF)**

12h30-13h15

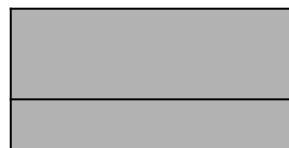
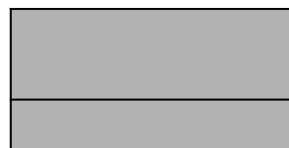
**PILATES /  
STRETCHING**

14h15-15h00

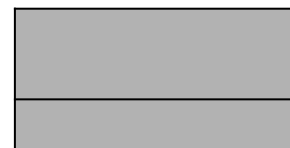
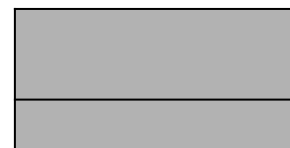
MERCREDI



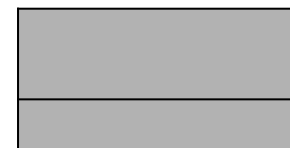
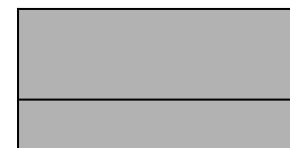
JEUDI



VENDREDI



SAMEDI



DIMANCHE

**30' ABDOS**

17h30-18h00

**BODYBARRE**

18h00-18h45

**PILATES /  
STRETCHING**

19h00-19h45

**UPPER BODY  
SCULPT**

18h00-18h45

**BIKE**

19h00-19h45

**Cuisses Abdos  
Fessiers (CAF)**

18h00-18h45

**BIKE**

19h00-19h45

**BODYSWISS**

17h30-18h00

**Renforcement  
Musculaire**

18h00-18h45

**STRETCHING**

19h00-19h45



[www.jaquetfitness.fr](http://www.jaquetfitness.fr)

### Notre Salle :

**JAQUET Fitness** – 05 56 55 01 82  
20 Rue Jean Mermoz 33185 LE HAILLAN  
À proximité du tram A, Arrêt « LE HAILLAN Rostand »

### Nos Horaires :

Lundi au Vendredi : 9h00 - 21h00  
Samedi : 9h00 - 14h00  
Dimanche : 9h00 - 13h00

