



PLANNING 2025/2026 - Du 08 septembre 2025 au 12 juin 2026

LUNDI		MARDI		MERCREDI	
Cours collectifs	Musculation	Cours collectifs	Musculation	Cours collectifs	Musculation
12H20/13H20 RENFO	12h15/13h45 MUSCULATION CARDIO	12H20/13H20 STEP	12h15/13h45 MUSCULATION CARDIO	12H20/13H20 PILATES / STRETCHING	12H15 / 13H45 MUSCULATION CARDIO
	17H00/20H00 MUSCULATION CARDIO	17H30/18H15 RENFO	17H00/20H00 MUSCULATION CARDIO	17H30/18H15 CARDIO BOXE	17H00/20H00 MUSCULATION CARDIO
		18H15/19H ZUMBA		18H15/19H YOGA	

JEUDI		VENDREDI	
Cours collectifs	Musculation	Cours collectifs	Musculation
12H20/13H20 LIA	12H15 / 13H45 MUSCULATION CARDIO	12H20/13H20 RENFO	12H15 / 13H45 MUSCULATION CARDIO
18H15/19H CIRCUIT TRAINING	17H00/20H00 MUSCULATION CARDIO		
18H15/19H STEP			

Localisation : Gymnase Colette Besson – 52 Bd Niels Bohr Villeurbanne LA DOUA - <http://poleforme.univ-lyon1.fr>