



PLANNING KID FITNESS 2026

| ADULTES | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|--|-------|-------|----------|-------|----------|--------|----------|
| Gym Maman Bébé <i>de 0 à 18 mois</i> | | | 10H30 | | | | |
| cardio/renforcement | | | 13H00 | | | | |
| Cross Training & Boxing | | | | | 19H30 | | |
| Cuisses Abdos Fessiers | | | | | | | 11H30 |
| Pilates | | | 18H30 | | | | |

| Baby | 10/36 mois | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|--------------------------------|------------|---------------|-------|----------|-------|--------------|--------------|----------|
| Gym & Dance | | 10H30 - 16H30 | 10H30 | 9H30 | 10H30 | 9H30 - 16H30 | 9H30 - 10H30 | 9H30 |
| Assistantes Maternelles | | 9H30 | 10H30 | | 10H30 | 10H30 | | |

| KID | 3/5 ans | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|------------------------------|---------|-------|-------|---------------|-------|----------|--------|----------|
| Gym & Dance | | | 17H30 | 14H00 | 17H30 | | 11H30 | |
| Training & Boxing | | | | 15H00 - 17H30 | 16H30 | | | 11H30 |
| Multisports | | | | 16H00 | | 17H30 | 9H45 | |
| Mouv Family | | 17H30 | | | | | | |

| JUNIOR | 6/10 ans | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|--|----------|-------|-------|----------|-------|----------|--------|----------|
| Fun Fit <i>Cardio/Renfo</i> | | | | 17H30 | | 18H30 | | |
| Pompom Girl | | | 17H30 | | | | | |
| Cross Training & Boxing | | 17H30 | | 14H00 | | | 10H45 | |
| Multisports* | | | 18H30 | | 17H30 | | | 10H30 |
| Fit' Family <i>Parent / Enfant</i> | | 18H30 | | 18H30 | | | 11H45 | |
| Gym & Dance | | | | | 18H30 | 18H30 | | |

| ADOS | 11/14 ans | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|--|-----------|-------|-------|---------------|-------|----------|--------|----------|
| Fun Fit <i>Cardio/Renfo</i> | | 18H30 | | 15H00 - 17H30 | | | | |
| Cross Training & Boxing | | | | | 18H30 | | | |
| Multisports* | | | 18H30 | | 17H30 | | | 10H30 |
| Fit' Family <i>Parent / Enfant</i> | | 18H30 | | 18H30 | | | 11H45 | |
| Pompom Girl | | | 17H30 | | | | | |

* **Multisports** : football, rugby, basket, volley, hand ball, judo, karaté, lutte, tennis, badminton...



KID FITNESS, 26 chemin de la Violette - 31240 L'UNION



07 66 95 61 86