



Cherche Midi Paris 6^{ème} 01 40 64 30 92

PROGRAMME DES ENTRAINEMENTS COLLECTIFS ADULTES

HORAIRE D'OUVERTURE LUNDI AU VENDREDI : 7H00 – 22H30 SAMEDI ET DIMANCHE : 9H00 – 19H00

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
8H			Abdos Fessiers 8h30 / 30 min S1CM	RPM 8h15 / 45 min SRCM			
9H		Pilates débutant 9h45 / 45 min S2CM	Body Pump 9h00 / 45 min S1CM	Gym Silver Tonic 9h00 / 60 min S1CM	Culture Physique 9h00 / 45 min S1CM	Abdos Fessiers 9h30 / 30 min S1CM	Body Balance 9h15 / 45 min S1CM
			Stretching 9h45 / 45 min S1CM	Pilates intermédiaire 9h30 / 60 min S2CM	Poitrine Bras Dos 9h45 / 30 min S1CM		
10H		Pilates intermédiaire 10h30 / 60 min S2CM	Yoga 10h45 / 60 min S2CM	Pilates débutant 10h30 / 45 min S2CM	Abdos Fessiers 10h15 / 30 min S1CM	Barre au Sol 10h00 / 60 min S2CM	Body Pump 10h00 / 60 min S1CM
		Gym Silver Tonic 10h30 / 60 min S1CM			Total Body Conditioning 10h45 / 45 min S1CM	RPM 10h00 / 60 min SRCM	
11H	Cuisses Abdos Fessiers 11h45 / 30 min S1CM		Culture Physique 11h45 / 30 min S1CM	Circuit Training 11h15 / 60 min S1CM	Stretching 11h30 / 30 min S1CM	Body Pump 11h00 / 60 min S1CM	Culture Physique 11h00 / 45 min S1CM
						Modern Jazz 11h00 / 60 min S2CM	RPM 11h45 / 60 min SRCM
12H	Yoga 12h00 / 60 min S2CM	Abdos Fessiers 12h00 / 30 min S1CM	Abdos Fessiers 12h15 / 30 min S1CM	Barre au Sol 12h00 / 60 min S2CM	Body Balance 12h00 / 45 min S1CM	Poitrine Bras Dos 12h00 / 30 min S1CM	Cuisses Abdos Fessiers 12h45 / 45 min S1CM
	Body Pump 12h15 / 45 min S1CM	RPM 12h30 / 60 min SRCM	Yoga 12h30 / 60 min S2CM	Abdos Fessiers 12h15 / 30 min S1CM	Body Pump 12h45 / 45 min S1CM	Abdos Fessiers 12h30 / 30 min S1CM	
			Circuit Training 12h45 / 45 min S1CM	Poitrine Bras Dos 12h45 / 30 min S1CM	RPM 12h45 / 60 min SRCM		
13H	RPM 13h00 / 45 min SRCM			Modern Jazz 13h00 / 60 min S2CM	Cuisses Abdos Fessiers 13h30 / 45 min S1CM	Stretching 13h00 / 30 min S1CM	
	Gym Silver Tonic 13h30 / 60 min S1CM			Stretching 13h15 / 30 min S1CM		Danse Orientale 13h30 / 60 min S1CM	
14H							Poitrine Bras Dos 14h30 / 30 min S1CM
15H						RPM 15h00 / 60 min SRCM	Cuisses Abdos Fessiers 15h00 / 45 min S1CM
							RPM 15h45 / 60 min SRCM
16H			Yoga 16h30 / 90 min S2CM			Body Pump 16h00 / 60 min S1CM	
17H				Body Balance 17h45 / 60 min S1CM			

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18H	Yoga 18h00 / 90 min S2CM	Poitrine Bras Dos 18h00 / 30 min S1CM	Pilates intermédiaire 18h00 / 60 min S2CM	Culture Physique 18h00 / 45 min S2CM	Zumba 18h00 / 60 min S2CM		
	RPM 18h30 / 60 min SRCM	Abdos Fessiers 18h30 / 30 min S1CM	Step Initiation 18h15 / 30 min S1CM	Body Pump 18h45 / 60 min S1CM	Culture Physique 18h15 / 45 min S1CM		
	Zumba 18h30 / 60 min S1CM		RPM 18h45 / 60 min SRCM	RPM 18h45 / 60 min SRCM			
			Step débutant 18h45 / 45 min S1CM				
19H	Abdos Fessiers 19h30 / 30 min S1CM	Kung Fu 19h00 / 60 min S2CM	Pilates débutant 19h00 / 45 min S2CM	Tae Kwon Do 19h00 / 75 min S2CM	Cuisses Abdos Fessiers 19h00 / 45 min S1CM		
	Barre au Sol 19h30 / 60 min S2CM	Salsa 19h00 / 60 min S1CM	Body Barre 19h30 / 45 min S1CM	Running 19h30 / 90 min RC	Danse Orientale 19h00 / 60 min S2CM		
		RPM 19h15 / 60 min SRCM	Abdos Fessiers 19h45 / 30 min S2CM	Total Body Conditioning 19h45 / 45 min S1CM	Yoga 19h45 / 60 min S1CM		
20H	Body Pump 20h00 / 45 min S1CM	Bachata 20h00 / 60 min S1CM	Body Balance 20h15 / 60 min S2CM	Abdos Fessiers 20h30 / 30 min S1CM			
	Modern Jazz 20h30 / 60 min S2CM	Modern Jazz 20h15 / 60 min S2CM	Step Intermédiaire 20h15 / 45 min S1CM	Kung Fu 20h30 / 60 min S2CM			
	Body Balance 20h45 / 60 min S1CM	RPM 20h30 / 45 min SRCM					
21H		Kizomba 21h00 / 60 min S1CM					
		Street Jazz 21h15 / 60 min S2CM					

S1CM : Studio 1 Cherche Midi
S2CM : Studio 2 Cherche Midi
SRCM : Studio RPM Cherche Midi
RC : Running Cherche-Midi