

2026 FITNESS CLASS SCHEDULE

	12h15	13h	17h15
MONDAY	TRX / Fonctional Training	CORE TRAINING	TRX / Fonctional Training
TUESDAY	Cardio Boxing	Circuit Training	NO CLASS
WEDNESDAY	TRX CHALLENGE	NO CLASS	TRX / Fonctional Training
THURSDAY	CAF	Mobilité-Stretching	NO CLASS
FRIDAY	Step dancing	Circuit training & Challenge	NO CLASS

TRX / Fonctional Training

Perform various physical exercises and movements that the body naturally performs in everyday life, such as squatting, standing up, running, pushing, lifting, and jumping... The exercises are often very short. There are exercises for all skill levels, with or without equipment.

CORE TRAINING

Core training refers to exercises that target functional muscles, specifically the core muscles (abs, back, and glutes)! This is ideal for achieving good posture, a well-proportioned body, and balanced strength.

CAF

Strength training for thighs, abs, and glutes; bodyweight exercises or exercises using small equipment to target the thighs, glutes, and abs, with very low impact.

Cardio Boxing

Technical warm-up focusing on boxing footwork and punching techniques. Alternated with abdominal exercises and core training. Striking the shield (pao) and the punching bag, which will maximize energy expenditure.

Circuit Training

Strength training and cardiovascular workout. Combines exercises of varying intensities to target the entire body.

Abdos Challenge

The Challenge class helps you set goals at the start of each session and stick to them, with both group and individual exercises.