BELLA STUDIOS
FITNESS CLUB NOUVELLE GÉNÉRATION

COURS LIVE
À PARTIR D'OCTOBRE 2026

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
09h30–10h15 **C.A.F**	09h30–10h15 **YOGA**	09h30–10h15 **PILATES**	09h30 - 10h15 **CROSS TRAINING**	09h30 - 10h15 **MOBILITÉ by Bella**	09h30 - 10h15 **PILATES**
10h30 - 11h15 **HYROX**	10h30 - 11h15 **HYROX**				10h15 - 11h00 **CROSS TRAINING**
					11h00 - 11h30 **CYCLING by Bella**
12h30 - 13h15 **CARDIO by Bella**	12h30 - 13h00 **CROSS EXPRESS**	12h30 - 13h15 **CYCLING by Bella**	12h30 - 13h15 **HYROX**	12h30 - 13h00 **100% ABDOS**	
		16h30 - 17h15 **HYROX** Youngstar 8-14ans			
17h30 - 18h15 **FORCE by Bella**	17h45 - 18h30 **C.A.F**	17h30 - 18h15 **STEP**	17h45 - 18h15 **CYCLING by Bella**		
18h30 - 19h15 **CYCLING by Bella**	18h30 - 19h15 **CARDIO by Bella**	18h30 - 19h15 **C.A.F**	18h30 - 19h15 **HYROX**	18h30 - 19h15 **CROSS TRAINING**	
19h15-20h00 **HYROX**	19h15 - 19h45 **MOBILITÉ by Bella**	19h15- 19h45 **CYCLING by Bella**	19h30 - 20h15 **ZUMBA**		