

Planning

Du 06 janvier au 05 juillet 2020

— R Cours sur réservation

Lun.

7:10	45'	Cycling — R
9:00	60'	Legs & tone
10:00	60'	Stretching
11:00	90'	Yoga
12:30	30'	Bootcamp force — R
12:30	60'	Pump
13h00	30'	Bootcamp force — R
18:15	45'	Pilates
18:30	30'	Bootcamp force — R
19:00	45'	LIA avancé
19:00	30'	Bootcamp force — R
19:30	60'	Cycling — R
19:30	30'	Bootcamp force — R
19:45	45'	Step avancé
20:30	60'	Sculpt

Mar.

9:00	60'	Pilates
10:00	60'	Legs & tone
12:30	30'	Gain8 — R
12:30	60'	Cycling — R
12:30	60'	Fight club
13:00	30'	Gain8 — R
18:30	60'	Pump
18:30	30'	Gain8 — R
19:00	30'	Gain8 — R
19:30	60'	Red zone
19:30	30'	Gain8 — R
20:30	60'	Cycling — R

Mer.

09:00	75'	Yoga
10:15	60'	Sculpt
12:30	30'	Burn'it — R
12:30	60'	Pump
13:00	30'	Burn'it — R
13:30	30'	Stretching
18:30	30'	Burn'it — R
18:30	60'	Dance klub
18:30	60'	Cycling — R
19:00	30'	Burn'it — R
19:30	60'	Legs & tone
19:30	30'	Burn'it — R
20:30	60'	Fight club

Jeu.

9:00	60'	Pilates
10:00	60'	Legs & tone
12:30	30'	Bootcamp endurance — R
12:30	60'	Cycling — R
13:00	30'	Bootcamp endurance — R
18:30	60'	Pilates
18:30	30'	Bootcamp endurance — R
19:00	30'	Bootcamp endurance — R
19:30	30'	LIA débutant
19:30	30'	Bootcamp endurance — R
20:00	60'	Cycling — R
20:00	30'	Step débutant

Ven.

7:10	45'	Cycling — R
9:00	60'	Legs & tone
10:00	45'	Stretching
10:45	75'	Yoga
12:30	30'	Bootcamp Challenge — R
12:30	60'	Red zone
13:00	30'	Bootcamp Challenge — R
18:00	60'	Pump
18:00	30'	Bootcamp Challenge — R
18:30	30'	Bootcamp Challenge — R
19:00	60'	Cycling — R
19:00	90'	Fight club

Sam.

9:30	60'	Sculpt
10:30	60'	Step intermédiaire
11:30	60'	Pump
12:30	60'	Dance klub

Dim.

9:30	60'	Pilates
10:30	60'	Cycling — R
11:30	60'	Pump
12:30	60'	Dance klub