

Planning

Du 06 janvier au 05 juillet 2020

— R Cours sur réservation

Lun.

8:30	60'	Pilates
12:15	45'	Cycling — R
12:30	30'	Bootcamp force — R
13:00	45'	Pilates
13:00	30'	Bootcamp force — R
18:30	60'	Legs & tone
18:30	30'	Bootcamp force — R
19:00	30'	Bootcamp force — R
19:30	60'	Cycling — R
19:30	30'	Bootcamp force — R
19:30	60'	Fight club

Mar.

8:30	60'	Yoga
12:00	60'	Dance klub
12:30	30'	Gain8 — R
13:00	45'	Legs & tone
13:00	30'	Gain8 — R
18:15	45'	Legs & tone
18:30	30'	Gain8 — R
19:00	30'	Gain8 — R
19:00	60'	Pump
19:30	30'	Gain8 — R
20:00	60'	Attack

Mer.

08:30	60'	Legs & tone
12:15	45'	Combat
12:30	30'	Burn'it — R
13:00	45'	Cycling — R
13:00	30'	Burn'it — R
18:30	30'	Burn'it — R
18:30	60'	Legs & tone
19:00	30'	Burn'it — R
19:30	60'	Cycling — R
19:30	30'	Burn'it — R
19:30	60'	Fight club

Jeu.

8:30	60'	Circuit training
12:30	30'	Bootcamp endurance — R
13:00	45'	Red zone
13:00	30'	Bootcamp endurance — R
13:00	60'	Yoga
18:30	30'	Bootcamp endurance — R
18:30	60'	Dance klub
19:00	30'	Bootcamp endurance — R
19:30	60'	Stretching
19:30	30'	Bootcamp endurance — R

Ven.

8:30	60'	Legs & tone
12:15	45'	Legs & tone
12:30	30'	Bootcamp challenge — R
13:00	45'	Cycling — R
13:00	30'	Bootcamp challenge — R
18:00	60'	Cycling — R
18:30	30'	Bootcamp challenge — R
18:30	60'	Yoga vinyasa
19:00	30'	Bootcamp challenge — R
19:30	30'	Bootcamp challenge — R

Sam.

10:30	60'	Circuit training
12:15	60'	Attack
13:15	60'	Yoga

Dim.

10:30	60'	Cycling — R
11:45	60'	Circuit training
13:00	60'	Stretching

Lun. - Ven. 7:00 - 22:00

Samedi 9:00 - 19:00

Dimanche 9:00 - 19:00

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