

Planning

Du 06 janvier au 05 juillet 2020

— R Cours sur réservation

Lun.

8:30	30'	Abdos fessiers
9:30	60'	Pump
11:00	60'	Yoga
12:00	45'	Legs & tone
18:00	45'	Legs & tone
18:45	60'	Pilates
19:00	60'	Cycling — R
20:15	60'	Pump

Mar.

8:30	45'	TRX — R
9:30	45'	Step 1
10:15	45'	Legs & tone
11:00	60'	Pilates
12:00	60'	Pump
18:00	60'	Dance klub
19:00	60'	Combat
20:00	60'	Yoga
20:00	45'	Cycling — R

Mer.

09:00	60'	Dance klub
10:00	60'	Combat
11:00	90'	Yoga
17:30	30'	Abdos fessiers
18:00	45'	Cross training — R
18:45	60'	Attack

Jeu.

8:30	30'	Abdos fessier
9:00	60'	Pump
10:15	45'	Pilates 2
10:15	45'	Cross training — R
12:00	45'	Boxe and fit
18:15	60'	Fight club
19:00	45'	Cycling — R
19:15	45'	Legs & tone

Ven.

8:30	45'	Legs & tone
9:15	60'	Strong
9:30	45'	Cycling — R
10:15	60'	Dance klub
12:00	45'	Legs & tone
17:30	60'	Yoga
19:00	45'	Attack

Sam.

9:15	60'	Yoga
10:15	45'	Legs & tone
11:00	60'	Fit dance
12:00	60'	Pump
13:00	30'	Stretching
15:00	90'	Fight club

Dim.

9:15	45'	Sculpt
10:00	60'	Pump
11:00	45'	Cross training — R
11:30	45'	Cycling — R
12:00	45'	Bootcamp
16:45	45'	Legs & tone
17:30	30'	Stretching

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

Samedi 9:00 - 19:00

Dimanche 9:00 - 19:00

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