

Planning

Du 06 janvier au 05 juillet 2020

— R Cours sur réservation

Lun.

9:00	90'	Yoga
10:30	60'	Circuit training
12:30	60'	Red zone
12:30	30'	Bootcamp force — R
18:15	60'	Yoga vinyasa
19:00	30'	Bootcamp force — R
19:15	60'	Dance klub
19:15	45'	Cycling — R
19:30	60'	Bootcamp force — R
20:15	60'	Pump

Mar.

9:00	60'	Sculpt
10:00	60'	Pilates
12:30	60'	Pump
12:30	30'	Gain8 — R
18:15	45'	Sculpt
19:00	30'	Gain8 — R
19:00	60'	Pump
19:30	30'	Gain8 — R
19:45	45'	Cycling — R
20:00	60'	Yoga vinyasa

Mer.

9:00	60'	Sculpt
10:00	30'	Stretching
10:30	75'	Yoga hatha
12:15	60'	Cycling — R
12:30	30'	Burn'it — R
12:30	60'	Legs & tone
19:00	45'	Cycling — R
19:00	30'	Burn'it — R
19:00	45'	Dance klub
19:30	30'	Burn'it — R
19:45	60'	Attack

Jeu.

9:00	45'	Pilates
9:45	60'	Yoga
12:30	30'	Bootcamp endurance — R
12:30	60'	Sculpt
18:30	60'	Pump
19:00	30'	Bootcamp endurance — R
19:30	60'	Attack
19:30	30'	Bootcamp endurance — R

Ven.

9:30	45'	Sculpt
10:15	45'	Stretching
12:30	30'	Bootcamp challenge — R
12:30	60'	Yoga vinyasa
18:15	60'	Pump
19:00	30'	Bootcamp challenge — R
19:00	60'	Cycling — R
19:30	30'	Bootcamp challenge — R
20:00	30'	Stretching

Sam.

10:00	60'	Pilates
11:00	60'	Pump
12:00	60'	Cycling — R
12:45	60'	Pilates
15:45	45'	Circuit training
16:30	60'	Yoga hatha

Dim.

10:00	60'	Pump
11:00	60'	Attack
12:00	30'	Stretching

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

Samedi 9:00 - 19:00

Dimanche 9:00 - 19:00

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