

# 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'	Pilates
12:30	60'	Circuit training
18:30	30'	Bootcamp force — R
18:30	60'	Pump
19:00	30'	Bootcamp force — R
19:30	60'	Yoga vinyasa
19:30	30'	Bootcamp force — R
20:00	60'	Cycling — R

**Mar.**

8:00	60'	Yoga vinyasa
9:00	60'	Circuit training
12:30	60'	Pilates
18:30	30'	Gain8 — R
18:30	60'	Red zone
19:00	30'	Gain8 — R
19:30	60'	Cycling — R
19:30	30'	Gain8 — R
19:30	60'	Pump

**Mer.**

09:00	60'	Legs & tone
10:00	60'	Pilates
12:30	60'	Red zone
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.**

7:10	45'	Cycling — R
9:00	60'	Yoga hatha
12:30	60'	Cycling — R
18:30	30'	Bootcamp endurance — R
18:30	60'	Pump
19:00	30'	Bootcamp endurance — R
19:30	60'	Cycling — R
19:30	30'	Bootcamp endurance — R
19:45	60'	Yoga hatha

**Ven.**

9:00	60'	Circuit training
10:00	45'	Cycling — R
12:30	60'	Legs & tone
18:00	60'	Cycling — R
18:30	30'	Bootcamp challenge — R
19:00	90'	Fight club
19:00	30'	Bootcamp challenge — R
19:30	30'	Bootcamp challenge — R

**Sam.**

9:30	90'	Yoga
10:00	45'	Cycling — R
11:00	60'	Legs & tone
12:00	60'	Pump

**Dim.**

10:00	60'	Pump
11:00	60'	Cycling — R
12:15	45'	Circuit training

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

Samedi 9:00 - 19:00

Dimanche 9:00 - 19:00

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