

# Planning

Du 06 janvier au 05 juillet 2020

— R Cours sur réservation

**Lun.**

7:10	45'	Urban cycle — R
9:00	60'	Legs & tone
10:00	60'	Pilates
12:15	60'	Pilates fusion
18:30	30'	Bootcamp force — R
18:30	60'	Combat
19:00	30'	Bootcamp force — R
19:30	60'	Dance klub
19:30	60'	Urban cycle — R
19:30	30'	Bootcamp force — R

**Mar.**

9:00	75'	Yoga
12:15	60'	Pump
18:30	30'	Burn'it — R
18:30	60'	Pilates
18:30	90'	Running club — R
19:00	30'	Burn'it — R
19:30	60'	Fight club
19:30	30'	Burn'it — R

**Mer.**

7h30	75'	Yoga hastanga
09:00	60'	Legs & tone
10:00	60'	Pilates
12:15	60'	Urban cycle — R
18:30	30'	Gain8 — R
18:30	60'	Legs & tone
19:00	30'	Gain8 — R
19:30	60'	Urban cycle — R
19:30	30'	Gain8 — R

**Jeu.**

7:10	45'	Urban cycle — R
9:00	75'	Yoga
12:15	60'	Pilates Fusion
18:30	30'	Bootcamp endurance — R
18:30	60'	Pump
18:30	90'	Running club — R
19:00	30'	Bootcamp endurance — R
19:30	60'	Urban cycle — R
19:30	30'	Bootcamp endurance — R

**Ven.**

7h30	75'	Yoga hastanga
9:00	60'	Legs & tone
10:00	60'	Red zone
12:15	60'	Legs & tone
18:15	45'	Legs & tone
18:30	30'	Bootcamp challenge — R
19:00	60'	Urban cycle — R
19:00	30'	Bootcamp challenge — R
19:30	60'	Fight club
19:30	30'	Bootcamp challenge — R

**Sam.**

9:30	60'	Combat
10:30	60'	Urban cycle — R
11:00	60'	Dance klub
12:15	45'	Circuit training
13:30	90'	Yoga vinyasa

**Dim.**

9:30	60'	Yoga hatha
10:30	60'	Urban cycle — R
11:30	60'	Pump
12:45	45'	Circuit training
17:00	75'	Body motion

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

Samedi 9:00 - 19:00

Dimanche 9:00 - 19:00

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**Ritm**

EN TEAM AVEC VOUS