

Planning

La Motte-Picquet

Du 03/01/2022 au 11/07/2022

Tous les cours sont sur réservation via l'application RITM Paris

Lun.

07h15	45'	Urban cycle
09h15	30'	Abdos fessiers
09h45	60'	Pilates
10h00	60'	Urban cycle
10H45	60'	Stretching
12h00	60'	Circuit training
18h00	30'	Abdos fessiers
18h15	60'	Urban cycle
18h30	60'	Pump
19h30	60'	Attack
19h45	60'	Urban cycle

Mar.

07h15	45'	Stretching
09h15	60'	Pump
10h15	45'	Abdos fessiers
10h15	60'	Urban cycle
12h30	60'	Pump
12h30	60'	Urban Cycle
18h15	45'	Circuit training
19h00	60'	Combat
19h15	60'	Urban cycle
20h15	60'	Urban cycle

Mer.

07h15	45'	Urban cycle
09h00	45'	Legs & tone
09h45	45'	Stretching
10h30	60'	Pilates
10h30	45'	Cross training*
11h30	60'	Pilates Fusion
12h30	60'	Urban Cycle
18h00	30'	Abdos fessiers
18h30	60'	Pilates flow
19h30	60'	Pump
19h30	60'	Running group
20h30	45'	Urban cycle
20h30	45'	Stretching

Lun. – Ven. : 07h00 – 22h00
 Samedi : 09h00 – 19h00
 Dimanche : 09h00 – 19h00

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Jeu.

09h00	75'	Yoga
10h15	60'	Urban cycle
10h15	60'	Stretching
12h30	30'	Abdos fessiers
13h30	30'	Stretching
18h00	60'	Pump
19h00	60'	Attack
19h30	60'	Urban cycle
20h00	30'	Stretching
20h30	60'	Zumba

Ven.

07h15	60'	Urban cycle
09h15	60'	Pump
10h15	60'	Pilates
10h30	45'	Cross training*
11h15	60'	Pilates Fusion
12h15	60'	Urban cycle
12h30	60'	Fit & boxe
13h30	60'	Fit & boxe
18h00	30'	Abdos fessiers
18h30	60'	Yoga
18h30	60'	Urban cycle
19h30	60'	Pilates flow

Sam.

08h30	90'	Running group
09h15	60'	Pump
10h15	60'	Combat
10h30	45'	Urban cycle
11h30	60'	Circuit training
11h30	60'	Urban cycle
12h30	30'	Abdos fessiers
13h30	90'	Yoga
15h00	60'	Pilates flow

Dim.

09h30	90'	Yoga
10h30	60'	Urban cycle
11h15	60'	Pump
12h30	60'	Circuit training
12h30	60'	Urban cycle



*zone fonctionnelle