

Planning

RITM La Fontaine

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

Lun.	08h15	45'	Abdos Fessiers
	09h00	60'	Pump
	10h00	60'	Dance Klub
	11h15	60'	Yoga
	11h15	45'	Urban Cycle
	12h15	45'	Legs & Tone
	18h00	45'	TRX
	19h00	60'	Pump
	19h00	45'	Urban Cycle
	20h00	60'	Combat

Mar.	08h30	45'	TRX
	09h30	45'	Legs & Tone
	10h30	60'	Pilates
	12h00	60'	Pump
	18h00	60'	Dance Klub
	19h00	60'	Combat
	20h00	60'	Yoga
	20h15	45'	Urban Cycle

Mer.	08h30	30'	Abdos Fessiers
	09h00	60'	Dance Klub
	10h00	60'	Combat
	11h15	90'	Yoga
	18h00	45'	TRX
	18h45	45'	Legs & Tone
	19h30	60'	Attack

Jeu.	08h30	30'	Abdos Fessiers
	09h00	60'	Pump
	10h00	60'	Pilates
	12h15	45'	TRX
	18h15	45'	Legs & Tone
	19h00	60'	Boxe & Fit
19h45	45'	Urban Cycle	
20h00	60'	Combat	

Ven.	08h30	45'	Legs & Tone
	09h15	60'	Strong
	09h30	45'	Urban Cycle
	10h15	60'	Dance Klub
	12h00	45'	Legs & Tone
	17h30	60'	Yoga
	18h00	45'	Urban Cycle
	19h00	30'	CAF
19h30	60'	Attack	

Sam.	09h15	60'	Yoga
	10h15	45'	Legs & Tone
	11h00	45'	Urban Cycle
	12h00	60'	Pump
	16h30	45'	Legs & Tone
	17h15	30'	Core Training

Dim.	09h30	45'	Stretching
	10h15	45'	CAF
	11h15	45'	Legs & Tone
	12h00	45'	Urban Cycle
	12h15	45'	TRX
	16h45	60'	Legs & Tone
	17h45	30'	Stretching

Lun. - Ven. : 7h00 - 22h00

Samedi : 9h00 - 19h00

Dimanche : 9h00 - 19h00

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