

# Planning

## RITM La Motte-Picquet

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

Tous les cours sont sur réservation via l'application RITM

**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*
12h30	60'	Urban cycle
12h30	60'	Pilates

18h00 30' Abdos fessiers

18h30 60' Pilates flow

19h30 60' Pump

19h30 60' Running group

20h30 45' Urban cycle

20h45 45' Stretching

**Jeu.**

07h15	45'	Urban cycle
09h00	75'	Yoga
10h15	60'	Stretching
12h30	30'	Abdos fessiers
13h00	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
12h00	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	45'	Urban cycle
11h15	60'	Pump
12h30	60'	Circuit training
12h30	60'	Urban cycle

\*zone fonctionnelle

**RITM**  
LA MOTTE-PICQUET

Lun. -Ven. : 7h00 -22h00

Samedi : 9h00 -19h00

Dimanche : 9h00 -19h00

www.ritm-sport.fr