

Planning

RITM Boulogne

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

Tous les cours sont sur réservation via l'application RITM

Lun.

07h15	45'	Urban Cycle
09h00	60'	Legs & Tone
10h00	30'	Balance
10h30	90'	Yoga
12h30	45'	Urban Cycle
12h30	60'	Zumba
18h00	60'	Legs & Tone
19h00	45'	Step 1
19h30	60'	Urban Cycle
19h45	45'	LIA 1
20h30	60'	Zumba

Mar.

09h00	60'	Pilates
10h00	60'	Legs & Tone
11h00	60'	Stretching profond
12h30	60'	Urban Cycle
12h30	60'	Boxe & Fit
18h30	45'	Urban Cycle
18h30	45'	Pump
19h15	60'	Combat
20h15	60'	Legs & Tone

Mer.

09h00	75'	Yoga
10h15	60'	Pump
11h30	30'	Stretching
12h30	45'	Attack
13h15	15'	Stretching Flash
18h00	60'	Yoga
19h00	60'	Urban Cycle
19h00	60'	Boxe & Fit
20h00	60'	Zumba

Jeu.

07h15	45'	Urban Cycle
09h00	60'	Pilates
10h00	60'	Legs & Tone
11h00	45'	Stretching
12h30	60'	Urban Cycle
12h30	45'	Pump
13h15	15'	Stretching flash
18h30	45'	Stretching
19h15	45'	LIA 1
19h30	60'	Urban Cycle
20h00	45'	Step 1

Ven.

09h00	60'	Legs & Tone
10h00	30'	Stretching
10h45	75'	Yoga
12h30	30'	Circuit Training
13h00	30'	Circuit Training
18h00	60'	Attack
19h00	90'	Boxe & Fit
19h15	45'	Urban Cycle
20h30	30'	Stretching

Sam.

09h30	60'	Legs & Tone
10h30	45'	Step 2
11h15	45'	LIA 2
12h00	60'	Pump
15h45	45'	Circuit Training
16h30	60'	Pilates

Dim.

10h00	60'	Urban Cycle
11h00	60'	Attack
12h00	60'	Pump
13h15	30'	Stretching

Lun. -Ven. : 7h00 -22h00

Samedi : 9h00 -19h00

Dimanche : 9h00 -19h00

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