

Planning

RITM Ternes

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

Tous les cours sont sur réservation via l'application RITM

Lun.	09h00	45'	Legs & Tone
	09h45	45'	Balance
	12h30	60'	Cardio Boxe
	18h00	45'	Scult
	18h45	45'	Pump
	19h30	45'	Cycling
	19h30	45'	Cardio Boxe
	20h15	30'	Stretching postural

Mar.	07h15	60'	Cycling
	09h00	60'	Pilates
	10h00	45'	Sculpt
	12h30	45'	Circuit Training
	18h30	45'	Circuit Training
	19h15	30'	Cardio Boxe
	19h30	45'	RPM
	19h45	45'	Pump
20h30	45'	Bootcamp	

Mer.	09h00	75'	Scult
	09h45	60'	Balance
	12h30	45'	Bootcamp
	18h00	60'	Pump
	19h00	45'	Scult
	19h15	45'	Cycling
	19h45	45'	Balance

Jeu.	07h15	45'	Circuit Training
	09h00	45'	Pilates
	12h30	60'	RPM
	18h45	45'	Circuit Training
	19h30	60'	Cycling

Ven.	09h00	45'	Sculpt
	09h45	45'	Cycling
	12h30	45'	Sculpt
	18h15	45'	Sculpt
	19h00	60'	Bootcamp

Sam.	09h15	45'	Circuit Training
	10h00	45'	Cycling
	11h00	60'	Sculpt
	12h00	60'	Pump
	13h15	45'	Bootcamp

Dim.	9h30	45'	Balance
	10h15	60'	Pump
	11h30	60'	RPM

Lun. -Ven. : 7h00 -22h00

Samedi : 9h00 -19h00

Dimanche : 9h00 -19h00

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