

Planning

RITM LA MOTTE-PICQUET

Du 29/08/2022 au 31/12/2022

Tous les cours sont sur réservation via l'application RITM

Lun.	07h15	45'	Urban cycle
	09h00	45'	Leg's & Tone
	09h45	45'	Stretching
	10h30	60'	Pilates
	12h30	45'	Circuit training
	18h00	30'	Abdos fessiers
	18h30	60'	BodyPump
	19h30	60'	BodyAttack
	19h45	60'	Urban cycle

Mar.	08h30	45'	Circuit Training
	09h30	30'	Abdos fessiers
	10h00	45'	BodyBalance
	12h30	60'	BodyPump
	12h30	60'	Urban Cycle
	18h30	30'	Hiit
	19h00	60'	BodyCombat
	20h00	60'	Urban cycle

Mer.	09h00	60'	Pilates Fusion
	10h00	60'	Pilates
	12h15	60'	Urban cycle
	18h00	30'	Abdos fessiers
	18h30	60'	PilatesFlow
	19h30	90'	Running group
	19h30	60'	BodyPump
	21h00	30'	BodyBalance

Jeu.	08h30	45'	Circuit Training
	09h15	30'	Abdos Fessiers
	10h15	60'	Urban cycle
	12h30	45'	BodyCombat
	13h15	30'	Stretching
	18h15	45'	Pump
	19h00	45'	BodyAttack
	19h30	60'	Urban cycle
	19h45	45'	BodyBalance
	20h30	60'	Zumba

Ven.	07h15	45'	Urban cycle
	09h15	60'	Pilates Fusion
	10h15	60'	Pilates
	12h15	45'	BodyAttack
	13h00	30'	BodyBalance
	18h00	30'	Abdos fessiers
	18h30	60'	Yoga Vinyasa
	18h30	60'	Urban cycle
	19h30	60'	Pilates flow

Sam.	08h30	90'	Running group
	09h15	60'	BodyPump
	10h15	60'	BodyCombat
	11h30	60'	Circuit training
	11h30	60'	Urban cycle
	12h30	30'	Abdos fessiers
	13h00	75'	Yoga Vinyasa
	15h00	60'	PilatesFlow

Dim.	09h30	90'	Yoga Hatha
	10h15	45'	Urban cycle
	11h00	60'	BodyPump
	12h00	60'	Circuit Training

Lun. -Ven. : 7h00 -22h00

Samedi : 9h00 -19h00

Dimanche : 9h00 -19h00

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