

Planning

RITM CHAMPS-ELYSEES

Du 09/09/2024 au 31/12/2024

Tous les cours sont à réserver via l'application RITM

Lun.

08h30	45'	Body Sculpt
09h15	45'	Abdos Training
12h30	45'	Body Pump
12h30	45'	HYROX
13h15	45'	BOXING
13h15	45'	Pilates
18h30	45'	Body Sculpt
19h15	45'	Urban Cycle
19h15	45'	BOOTCAMP
20h00	45'	WOD

Mar.

08h30	45'	Body Sculpt
09h15	45'	Stretching
11h30	60'	Zumba
12h30	45'	Body Pump
12h30	45'	Urban Cycle
12h30	45'	BOXING
13h15	45'	CORE TRAINING
18h30	45'	Urban Cycle
18h30	45'	HYROX
19h00	60'	Body Pump
19h15	45'	BOXING
20h00	45'	Body Attack

Mer.

08h30	45'	CAF
09h15	30'	Abdos Training
12h30	60'	Yoga
12h30	45'	Urban Cycle
13h15	45'	TRX
18h30	45'	Urban Cycle
18h30	45'	BOXING
19h15	45'	CAF
19h15	45'	BOOTCAMP
20h00	45'	HYROX

Jeu.

08h30	45'	Body Pump
09h15	45'	Body Balance
12h30	45'	Body Pump
13h15	45'	Pilates
13h15	45'	BOXING
18h30	45'	Body Pump
19h15	45'	Urban Cycle
19h15	45'	HYROX
20h00	45'	WOD

Ven.

08h30	45'	Body Sculpt
09h15	45'	Abdos Training
13h15	45'	Urban Cycle
18h30	45'	CAF
18h30	45'	BOOTCAMP
19h15	15'	Abdos Training
19h15	45'	BOXING
20h00	45'	WOD

Sam.

10h00	45'	HYROX
11h00	60'	Body Pump
12h00	60'	Body Attack
15h00	45'	BOOTCAMP

Dim.

10h00	45'	BOXING
11h00	45'	Body Sculpt
11h45	45'	Stretching
15h00	45'	HYROX

Lun. – Ven. : 07h00 – 22h00

Weekend : 09h00 – 18h00

