

Planning

RITM LA MOTTE-PICQUET

Du 07/10/2024 au 31/12/2024

Tous les cours sont à réserver via l'application RITM

Lun.	09h00	45'	Pilates Fusion
	10h00	60'	Pilates
	11h00	60'	Yoga
	12h30	60'	Urban Cycle
	12h30	30'	GRIT NEW
	18h30	60'	Body Pump
	19h30	45'	Body Attack
	19h45	60'	Urban Cycle

Mar.	07h15	45'	Urban Cycle
	09h15	45'	Legs & Tone
	10h00	45'	Body Balance
	12h30	60'	Body Pump
	18h00	30'	Abdos Fessiers
	18h30	60'	Body Balance
	19h30	60'	Zumba
	20h00	60'	Urban Cycle

Mer.	10h00	60'	Pilates
	11h00	60'	Yoga
	12h15	60'	Urban Cycle
	12h30	45'	Circuit Training
	18h00	30'	Abdos Fessiers
	18h30	60'	Body Balance
	19h30	60'	Body Pump

Jeu.	09h15	45'	Legs & Tone
	10h00	60'	Pilates Fusion
	11h00	60'	Pilates
	12h15	60'	Body Combat
	12h15	45'	Urban Cycle
	18h15	45'	Body Pump
	19h00	45'	Body Attack
19h30	60'	Urban Cycle	

Ven.	09h15	45'	Circuit Training
	10h00	45'	Pilates
	12h15	30'	GRIT NEW
	12h45	30'	Stretching
	18h00	30'	Abdos Fessiers
	18h30	60'	Yoga Vinyasa
	18h30	45'	Urban Cycle
19h30	30'	GRIT NEW	

Sam.	09h15	60'	Body Pump
	10h15	60'	Body Combat
	11h15	60'	Circuit Training
	11h30	60'	Urban Cycle
	12h45	30'	Abdos Fessiers
	13h15	60'	Stretching

Dim.	09h30	90'	Yoga Hatha
	10h00	60'	Urban Cycle
	11h15	60'	Body Pump
	12h15	30'	GRIT NEW

Lun. – Ven. : 07h00 – 22h00

Weekend : 09h00 – 19h00

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