Planning

RITM Boulogne

Tous les cours sont sur réservation sur l'application RITM PARIS

Du 06/09/2021 au 09/01/2022 - RITM Boulogne

Lun.

9h00	60'	Legs & Tone
10h00	30'	Stretching
10h30	90'	Yoga
12h30	60'	Zumba
18h00	60'	Legs & Tone
19h00	45'	Step 1
19h30	60'	Urban Cycle
19h45	45'	LIA 1
20h30	60'	Zumba

Mar.

9h00	60'	Pilates
10h00	60'	Legs &Tone
11h00	60'	Stretching Profond
12h30	60'	Urban Cycle
12h30	60'	Fight Klub
18h30	60'	Yoga
19h30	60'	Pump
20h30	45'	Urban Cycle

Mer.

9h00	75'	Yoga
10h15	60'	Legs & Tone
11h15	30'	Stretching
12h00	60'	BodyPump
18h00	60'	Legs & Tone
19h00	60'	Cycling
19h00	60'	Fight Klub
20h00	60'	Zumba

Jeu.

9h00	60'	Pilates
10h00	60'	Legs & Tone
11h00	30'	Stretching
12h30	60'	Urban Cycle
18h30	45'	Pilates
19h15	45'	LIA 3
20h00	45'	STEP 3
20h30	60'	Urban Cycle
20h45	30'	Stretching

Ven.

9h00	60'	Legs & Tone
10h00	30'	Stretching
10h45	75'	Yoga
12h30	60'	Circuit Training
18h00	60'	Pump
19h00	90'	Fight Klub
19h15	60'	Urban Cycle

Sam.

9h30	60'	Legs & Tone
10h00	60'	Running
10h30	45'	STEP 2
11h15	45'	LIA 2
12h00	60'	BodyPump
17h00	60'	Yoga

Dim.

9h30	60'	Pump
10h30	60'	Urban Cycle
11h30	60'	Circuit Training
12h30	30'	Stretching

Lun. – Ven. : 7h00 – 22h00
Samedi : 9h00 – 19h00
Dimanche : 9h00 – 19h00

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