

Planning ^{aqua}

Du 06 janvier au 28 juin 2020

— R Cours sur réservation

Lun.

9:15	45'	<i>Aquadynamic</i> — R
10:15	45'	<i>Aquabike</i> — R
12:15	45'	<i>Aquabike</i> — R
18:30	45'	<i>Aquagym</i> — R
19:30	45'	<i>Aquafitness</i> — R

Mar.

9:15	45'	<i>Aquagym</i> — R
10:15	45'	<i>Aquagym soft</i> — R
12:15	45'	<i>Aquadynamic</i> — R
13:30	45'	<i>Aquagym</i> — R
17:30	45'	<i>Aquagym</i> — R
18:30	45'	<i>Aquabike</i> — R

Mer.

9:15	45'	<i>Aquafitness</i> — R
10:15	45'	<i>Aquabuilding</i> — R
12:15	45'	<i>Aquafitness</i> — R
18:30	45'	<i>Aquadynamic</i> — R
19:30	45'	<i>Aquabike</i> — R

Jeu.

9:15	45'	<i>Aquagym</i> — R
10:15	45'	<i>Aquabike</i> — R
12:15	45'	<i>Aquabike</i> — R
17:30	45'	<i>Aquabike</i> — R
18:30	45'	<i>Aquafitness</i> — R

Ven.

9:15	45'	<i>Aquabike</i> — R
10:15	45'	<i>Aquadynamic</i> — R
12:15	45'	<i>Aquagym</i> — R
17:30	45'	<i>Aquadynamic</i> — R
18:30	45'	<i>Aquabike</i> — R

Sam.

9:15	45'	<i>Aquabike</i> — R
10:15	45'	<i>Aquafitness</i> — R

Dim.

10:15	45'	<i>Aquagym</i> — R
11:15	45'	<i>Aquafitness</i> — R

Lun. - Ven. 8:00 - 21:00
Samedi 9:00 - 13:00 / 15:00 - 18:00
Dimanche 9:00 - 13:00

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fitness Planning

Du 06 janvier au 28 juin 2020

— R Cours sur réservation

Lun.

9:15	45'	Cardio sculpt
9:15	45'	RPM — R
10:15	45'	Bodybalance
12:30	45'	Stretching
12:30	45'	RPM — R
12:30	45'	Cross training — R
16:45	45'	Gym soft
17:45	45'	Gym sculpt
17:45	45'	Cross training — R
18:45	45'	Bodystep
18:45	45'	RPM — R
19:45	45'	Bodybalance
19:45	45'	TRX — R

Mar.

9:15	45'	Pilates découverte
10:00	45'	Stretching
12:15	60'	Running — R
12:30	45'	Bodypump
17:45	45'	Bodybalance
18:45	45'	Bodypump
18:45	45'	Cross training — R
19:45	45'	Bodyattack
19:45	45'	RPM — R

Mer.

10:00	60'	Gym sculpt - Stretching
12:15	60'	Running — R
12:30	45'	Bodyattack
18:45	45'	Bodyjam
19:45	45'	Gym sculpt

Jeu.

9:15	45'	Stretching
10:15	45'	Gym sculpt
12:30	45'	Bodystep
17:45	45'	Gym sculpt
17:45	45'	TRX — R
18:45	60'	Bodyattack
18:45	45'	RPM — R
19:45	45'	Cross training — R

Ven.

9:15	45'	Bodybalance
10:15	45'	Gym soft
12:30	45'	Bodybalance
12:30	45'	RPM — R
12:30	45'	TRX — R
17:45	45'	Bodypump
17:45	45'	TRX — R
18:45	45'	Bodycombat

Sam.

9:05	45'	Cross training — R
10:15	45'	Bodypump
11:15	45'	Bodyattack

Dim.

10:15	45'	Gym sculpt
11:15	45'	RPM — R

Lun. - Ven. 8:00 - 21:00
 Samedi 9:00 - 13:00 / 15:00 - 18:00
 Dimanche 9:00 - 13:00

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