

PLANNING D'ÉTÉ

STUDIO FITNESS & VÉLOS - DU 30 JUIN AU 30 AOÛT 2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10 ^h 00 - 11 ^h 00 START TRAINING	9 ^h 30 - 10 ^h 15 STRETCH	10 ^h 00 - 11 ^h 00 START TRAINING	9 ^h 30 - 10 ^h 15 TEAM PILATES		9 ^h 30 - 10 ^h 30 START TRAINING
					11 ^h 00 - 11 ^h 30 LES MILLS RPM
12 ^h 20 - 13 ^h 05 LES MILLS BODYPUMP	12 ^h 20 - 13 ^h 05 LES MILLS RPM		12 ^h 20 - 13 ^h 05 LES MILLS BODYBALANCE	12 ^h 20 - 13 ^h 05 TEAM TRAINING	11 ^h 30 - 12 ^h 00 ABDOS FLASH
15 ^h 00 - 16 ^h 00 START TRAINING		15 ^h 00 - 16 ^h 00 START TRAINING			
17 ^h 00 - 17 ^h 45 TEAM TRAINING					
17 ^h 45 - 18 ^h 30 AFC	17 ^h 15 - 18 ^h 15 TEAM TRAINING	17 ^h 45 - 18 ^h 30 STEP	17 ^h 45 - 18 ^h 30 LES MILLS RPM	17 ^h 00 - 18 ^h 00 START TRAINING	
18 ^h 30 - 19 ^h 15 LES MILLS BODYCOMBAT	18 ^h 15 - 19 ^h 00 LES MILLS BODYPUMP	17 ^h 45 - 18 ^h 45 START TRAINING	18 ^h 30 - 19 ^h 15 AFC	18 ^h 00 - 18 ^h 45 LES MILLS RPM	
19 ^h 15 - 20 ^h 00 LES MILLS BODYBALANCE	19 ^h 15 - 20 ^h 00 LES MILLS RPM	18 ^h 30 - 19 ^h 15 LES MILLS BODYATTACK	19 ^h 15 - 20 ^h 00 STRETCH	19 ^h 00 - 19 ^h 45 TEAM TRAINING	
		19 ^h 15 - 20 ^h 00 TEAM TRAINING			

Cours encadrés par vos coachs et disponibles sur l'application Agitaform App.