

PLANNING 2025

STUDIO FITNESS & VÉLOS - AGITAFORM THIERS

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

Attention, vos séances de Team Training et de RPM sont sur inscription : nombre de places limité.