

PLANNING D'ÉTÉ

STUDIO FITNESS & VÉLOS - DU 1^{ER} JUILLET AU 31 AOÛT 2024

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI |
|---|---|---|---|---|
| 9 ^h 30 - 10 ^h 15 | 9 ^h 30 - 10 ^h 30 | 9 ^h 30 - 10 ^h 15 | 9 ^h 30 - 10 ^h 30 | 9 ^h 30 - 10 ^h 15 |
| AFC | START TRAINING | GYM POSTURALE | START TRAINING | STRETCH |
| | | | | |
| 12 ^h 20 - 13 ^h 00 | | | 12 ^h 20 - 13 ^h 00 | |
| TEAM TRAINING | | | LES MILLS BODYBALANCE | |
| | | | | |
| 14 ^h 00 - 15 ^h 00 | | | 14 ^h 15 - 15 ^h 15 | |
| START TRAINING | | | START TRAINING | |
| | | | | |
| 17 ^h 30 - 18 ^h 00 | | | | |
| BIKE | | | | |
| 18 ^h 15 - 19 ^h 15 | 18 ^h 15 - 19 ^h 00 | 18 ^h 15 - 19 ^h 00 | 18 ^h 15 - 19 ^h 00 | 18 ^h 15 - 19 ^h 00 |
| LES MILLS BODYPUMP | AFC | LES MILLS BODYATTACK | BIKE | STEP |
| 19 ^h 15 - 20 ^h 00 | 19 ^h 00 - 19 ^h 45 | 19 ^h 00 - 19 ^h 30 | 19 ^h 15 - 19 ^h 45 | 19 ^h 00 - 19 ^h 45 |
| LES MILLS BODYCOMBAT | LES MILLS SH'BAM | LES MILLS CORE | HiIT | TEAM TRAINING |
| | 19 ^h 45 - 20 ^h 30 | 19 ^h 45 - 20 ^h 30 | 20 ^h 00 - 20 ^h 45 | |
| | LES MILLS BODYBALANCE | BIKE | TEAM TRAINING | |

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