

PLANNING DE ROUEN RENTRÉE 2020

RÉSERVATION OBLIGATOIRE !

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H15 11H			BODYPUMP			BODYPUMP	BODYPUMP 10H30-11H15
11H 11H45	<small>REC</small> BODYPUMP 11H30-12H15	<small>REC</small> PILATES		<small>REC</small> FIT FLEX	<small>REC</small> YOGA 11H30-12H15	ZUMBA 11H15-12H15	
11H45 12H30							
12H30 13H15	<small>REC</small> SCULPT	<small>REC</small> SCULPT	BODYPUMP	YOGA 12H20-13H20	<small>REC</small> SCULPT		
17H30 18H15	<small>REC</small> FAC	STEP INT.	<small>REC</small> SCULPT	<small>REC</small> BODYPUMP	<small>REC</small> ATTACK		
18H30 19H15	FIT CROSS SMALL GROUP	<small>REC</small> BODYPUMP	<small>REC</small> STRETCH	<small>REC</small> STEP DEB	<small>REC</small> COMBAT SMALL GROUP		
19H30 20H15	FIT BOX' 19H30-20H30	<small>REC</small> ZUMBA	<small>REC</small> ABDO	FIT BOX' 19H30-20H30	<small>REC</small> YOGA (45MIN)		

REC COURS RETRANSMIS EN LIVE

NOMBRE MAXIMUM DE PARTICIPANTS PAR COURS :
24 - OU 15 POUR LES COURS AVEC FITBAG

PLANNING RPM ROUEN - RENTRÉE 2020

RÉSERVATION OBLIGATOIRE !

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H15 11H							
11H 11H45						RPM 11H15 - 12H	RPM 11H30 - 12H15
11H45 12H30							
12H30 13H15	RPM	RPM 12H20 - 13H05		RPM	RPM		
17H30 18H15	RPM		RPM				
18H30 19H15				RPM			
19H30 20H15	RPM	RPM	RPM 19H - 19H45				

ATTENTION NOMBRE DE PARTICIPANTS LIMITÉS !