

PLANNING AVRIL - JUIN 2023



SAINT-LAZARE

1, Cour du Havre,
75 008 PARIS

Semaine / Week 07:00 - 22:00
Week-end 10:00 - 19:00

LUNDI

Playground

U'Burn	12:15	-	13:00
Abs et Souplesse	13:00	-	13:45
Step by Step	18:45	-	19:30
Pump	19:30	-	20:30
Abs on Fire	20:30	-	21:00



Ring de boxe

Hiit Boxing	19:00	-	20:15
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MARDI

Playground

Yoga Vinyasa	07:30	-	08:30
Hiit For U	12:15	-	13:15
Play-Mobility	13:15	-	13:45
Abs on Fire	18:45	-	19:15
Pump	19:15	-	20:15
Hiit For U	20:15	-	20:45
Roll & Posture	20:45	-	21:15



Ring de boxe

Rocky Spirit	18:30	-	19:45
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Cycling

Vélo ≥ 15km	19:15	-	20:00
Vélo ≥ 20km	20:00	-	20:45



MERCREDI

Playground

Pilates Flow	07:30	-	08:30
Boho	12:15	-	12:45
Fessiers d'acier	12:45	-	13:15
Abs on Fire	13:15	-	13:45
Post'Ure	18:30	-	19:15
Strenght & Burn	19:15	-	20:00
Core Ballet	20:00	-	20:45





Ring de boxe

Hiit Boxing

19:00 - 20:15



JEUDI

Playground

Hiit For U

12:15 - 12:45



Abs on Fire

12:45 - 13:15



Pump

13:15 - 14:00



Yoga Détox

18:45 - 19:45



Pilates

19:45 - 20:45



Ring de boxe

Hiit Boxing

19:00 - 20:15



Cycling

Vélo ≥ 15km

18:45 - 19:30



Vélo ≥ 20km

19:30 - 20:15



VENDREDI

Playground

Military

07:30 - 08:15



Morning Roll

08:15 - 08:45



Pilates

12:15 - 13:15



Galbe & Volupté

13:15 - 14:00



Abs on Fire

14:00 - 14:30



Pump

18:45 - 19:45



Abs on Fire

19:45 - 20:15







Stretch Xpress

20:15 - 20:30




SAMEDI


Playground

Pump	10:30	-	11:30	
Hiit For U	11:45	-	12:30	
Abs on Fire	12:30	-	13:00	
Mon 1 ^{er} Yoga	13:15	-	14:15	

Cycling


Vélo ≥ 20km	11:00	-	11:45	
Vélo ≥ 25km	12:00	-	12:45	

Ring de boxe



Hiit Boxing	11:30	-	13:00	
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DIMANCHE


Playground

Pump	11:00	-	12:00	
Mix Up	12:15	-	12:45	
Abs on Fire	12:45	-	13:15	

Cycling

Vélo ≥ 20km	11:30	-	12:15	
Vélo ≥ 25km	12:30	-	13:15	

Ring de boxe

Hiit Boxing	16:30	-	18:00	
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Timing Cycling



Renforcement musculaire



Effort cardio vasculaire



Yoga



Assouplissement et tonicité