

PLANNING COURS-CO

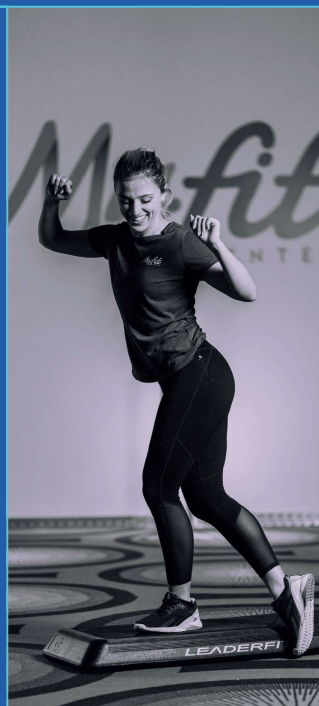
REVEL
2022-2023

LUNDI

- 09:30 CAF
- 10:00 PILATES
- 12:30 RPM
- 18:00 PUMP
- 18:45 ATTACK
- 19:30 CYCLING +

MARDI

- 09:30 PUMP
- 10:00 RPM
- 12:30 CAF
- 18:00 RPM
ET
CROSS
TRAINING +
- 18:45 TAILLE
ABDOS
- 19:15 PILATES

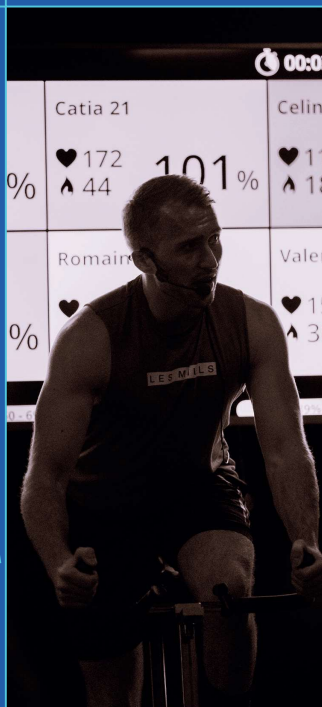


MERCREDI

- 09:30 QI GONG
- 18:00 PILATES
ET
CYCLING +
- 18:45 COMBAT
- 19:30 ABDOS
FLASH

JEUDI

- 09:30 PILATES
- 10:00 STRETCH
- 12:30 PILATES
- 18:00 ATTACK
- 18:45 STEP
ET
CROSS
TRAINING +
- 19:30 RPM



VENDREDI

- 09:30 MOBILITY
- 12:30 TAILLE
ABDOS
- 18:00 ZUMBA
- 19:00 CAF



SAMEDI

- 10:00 RPM

05 62 16 19 93

20 RUE CLÉMENTINE ISAURE
31250 REVEL

REVEL@MYFIT-CENTER.FR

TÉLÉCHARGER SUR
MON TÉLÉPHONE

