

# PLANNING COURS-CO

REVEL  
2023 / 2024

| LUNDI   | MARDI   | MERCREDI                         |
|---|---|----------------------------------|
| 09:30 CAF   | 09:30 PUMP  | 09:30 QIGONG                     |
| 10:00 PILATES   | 10:00 CAF   | 10:00 RPM                        |
| 12:30 RPM   | 12:30 PUMP  | 18:00 CYCLING +<br>OU<br>PILATES |
| 18:00 PUMP  | 18:00 RPM   | 18:45 COMBAT                     |
| 18:45 ATTACK  | 18:45 TAILLE<br>ABDOS   | 19:30 ATHLETIC +                 |
| 19:30 CYCLING +<br>OU<br>STEP   | 19:15 PILATES   |                                  |
|  |   |                                  |
| JEUDI   | VENDREDI  | SAMEDI                           |
| 09:30 PILATES   | 09:30 MOBILITY  | 10:00 RPM                        |
| 10:00 STRETCH   | 12:30 TAILLE<br>ABDOS   |                                  |
| 12:30 PILATES   | 18:00 ZUMBA   |                                  |
| 18:00 ATTACK  | 18:30 RPM   |                                  |
| 18:45 ATHLETIC +  | 19:00 CAF   |                                  |
| 19:30 RPM   |   |                                  |
|  |  |                                  |

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