

PLANNING – YHELLOW

VÉLO & CO

Lundi	Mardi	Mercredi	Jeudi		Vendredi	Samedi		Dimanche	
			sem. paires	impaires		sem. paires	impaires	sem. paires	impaires
YHELLOW VÉLO & CO	9h – 45mn CIRCUIT TRAINING 10h – 60mn MOBILITE / Vélo	9h15 – 45mn VÉLO Freestyle	9h15 – 45mn PILATES MAT		9h15 – 60mn MOBILITE / vélo	9h15 VÉLO Freestyle 45mn VÉLO La Route 60mn		9h15 VÉLO La Route 60mn VÉLO Freestyle 45mn	
	12h15 – 45mn VÉLO Freestyle	12h15 – 60mn VÉLO La Route	12h15 – 45mn VÉLO Freestyle	12h15 – 60mn VÉLO La Route	12h15 – 45mn PILATES MAT 13h15 - 45mn CIRCUIT TRAINING	11h VÉLO La Route 60mn VÉLO Freestyle 45mn		11h VÉLO Freestyle 45mn VÉLO La Route 60mn	
	LIBRE ACCES	LIBRE ACCES	LIBRE ACCES	LIBRE ACCES		LIBRE ACCES	15h ANNIVERSAIRE ENFANTS		15h ANNIVERSAIRE ENFANTS
18h – 45mn VÉLO Freestyle 19h – 60mn VÉLO La Route	18h – 45mn PILATES MAT 19h – 45mn VÉLO Freestyle	18h – 45mn CIRCUIT TRAINING 19h – 45mn VÉLO Freestyle	18h15 – 60mn VÉLO Freestyle VÉLO La Route 19h30 – 45mn CIRCUIT TRAINING		17h45 – 45mn MOBILITE 19h – 60mn VÉLO Freestyle	PILATES MAT MOBILITE / vélo CIRCUIT TRAINING VÉLO Freestyle 45mn VÉLO Freestyle 60mn VÉLO La Route 60mn		Pilates au sol, adapté à tous Combo Mobilité / Renfo / Stretch + Vélo Exercices Cardio / Renfo Bike intense et/ou adaptatif Bike intense et/ou adaptatif (60mn) Bike Immersion Route 60mn	

Planning non contractuel