

COURS COLLECTIFS ARONA DANSE & FITNESS : PLANNING

Jour	Heure	Nom	Durée	Type	Mode
Lundi	09h30	SYNRGY 360°	30'	Cardio/ muscu	Live
	10h00	MY RIDE INDOOR CYCLING	45'	Cardio	Virtuel
	12h30	CLUBJOY POWER	50'	Muscu	Virtuel
	18h00	INDOOR CYCLING GROUP	20'	Technique + Test	Live
	18h30	INDOOR CYCLING GROUP	45'	Cardio	Live
	19h15	C.A.F.	45'	Muscu	Live
	20h00	CLUBJOY STEP	55'	Cardio	Live
Mardi	09h30	C.A.F.	55'	Cardio / Muscu	Live
	10h30	CLUBJOY YOGA	50'	Muscu	Virtuel
	12h30	MY RIDE INDOOR CYCLING	45'	Cardio	Virtuel
	18h30	CIRCUIT TRAINING	45'	Cardio / Muscu	Live
	19h15	CLUBJOY POWER	45'	Muscu	Live
	20h00	INDOOR CYCLING GROUP	45'	Cardio	Live
Mercredi	09h30	CIRCUIT MUSCU	30'	Muscu	Live
	10h00	MY RIDE INDOOR CYCLING	45'	Cardio	Virtuel
	18h30	INDOOR CYCLING GROUP	45'	Cardio	Live
	19h15	C.A.F.	55'	Cardio / Muscu	Live
	20.15	CIRCUIT MUSCU	30'	Muscu	Live
Jeudi	09h30	CLUBJOY DANCE	50'	Cardio	Live
	10h15	CLUBJOY POWER	50'	muscu	Virtuel
	12h30	MY RIDE INDOOR CYCLING	50'	Cardio	Virtuel
	18h30	CLUBJOY POWER X-PRESS	30'	Muscu	Live
	19h00	INDOOR CYCLING GROUP	45'	Cardio	Live
	19h45	PILATES INTRODUCTION	30'	Muscu	Live
Vendredi	09h30	INDOOR CYCLING GROUP	45'	Cardio	Live
	10h15	CLUBJOY POWER	50'	Muscu	Virtuel
	12h30	CLUBJOY POWER	50'	Muscu	Virtuel
	18h30	CIRCUIT MUSCU	30'	Muscu	Live
	19h00	SYNRGY 360°	30'	Cardio/Muscu	Live
	19h30	MY RIDE INDOOR CYCLING	45'	Cardio	Virtuel
Samedi	10h30	CIRCUIT MUSCU	30'	Muscu	Live
Dimanche	10h30	CIRCUIT TRAINING	30'	Cardio/Muscu	Live
	11h00	INDOOR CYCLING GROUP	45'	Cardio	Live