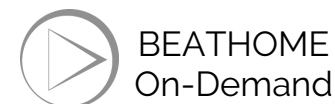




RIDE & RECOVER

The perfect mix of workouts to enjoy every RIDE session 100%



MONDAY



SIGNATURE
RIDE
19:05

45'
Lucile

Or any recorded 45'
RIDE class when time
is right for you

TUESDAY



SIGNATURE
RIDE
18:00

45'
Ana

Or any recorded 45'
RIDE class when time
is right for you

WEDNESDAY



Special
MOBILITY
8:15

45'
Lucile

Or any recorded
mobility class when
time is right for you

THURSDAY



Live RIDE 30'
7:30 - Enora



YOGA
5 Postures for
hips
15' - Clélia

FRIDAY



YOGA Flow
Hips opening

20'
Shanon

SATURDAY



SIGNATURE
RIDE
11:15

45'
Géraldine

Or any recorded 45'
RIDE class when time
is right for you

SUNDAY



YOGA Flow
Thoracic spine

30'
Coralie