

PLANNING *SMALL GROUP TRAINING*



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

**PILATES
9H - 9H45**

CROSS TRAINING

**PILATES
9H - 9H45**

**CROSS TRAINING
12H30 - 13H15**

**CARDIO BOXE
12H30 - 13H15**

**CROSS TRAINING
12H30 - 13H15**

**RENFO
12H30 - 13H15**

**CROSS TRAINING
18H30 - 19H15**

**CARDIO BOXE
18H30 - 19H15**

**CROSS TRAINING
18H30 - 19H15**

**RENFO
18H30 - 19H15**

**MOBILITÉ
19H30 - 20H15**

