

# 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

PILATES  
CROSS TRAINING  
18H30 - 19H15

RENFO  
18H30 - 19H15

MOBILITÉ  
18H30 - 19H15

MOBILITÉ  
19H30 - 20H15

CARDIO BOXE  
19H30 - 20H15

