



PLANNING TEAM TRAINING SAISON 2022-2023

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

9H15

TRX

CROSS
TRAINING

HBX
FUSION

TRX

12H30

CROSS
TRAINING

HBX
BOXING

CROSS
TRAINING

HBX
FUSION

18H30

CROSS
TRAINING

BOXE
ANGLAISE

100% FILLE

HBX
FUSION

HBX
BOXING

TRX

BOXE
ANGLAISE

19H30

HBX
FUSION

CROSS
TRAINING

BOXE
ANGLAISE

HBX
BOXING

CROSS
TRAINING