



PLANNING SAISON 2023-2024

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

9H15

TRX

CROSS TRAINING

CARDIO BOXE

CROSS TRAINING

12H30

CROSS TRAINING

CARDIO BOXE

CROSS TRAINING

TRX

18H30

CROSS TRAINING

CARDIO BOXE

CROSS TRAINING

CARDIO BOXE

19H15

BOXE ANGLAISE DEBUTANT

TRX