LE OOB FITNESS CLUB

PLANNING SAISON 2023-2024

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	S
TRX	CROSS TRAINING	TRX	TRX	CARDIO BOXE	CR TRA
CROSS TRAINING	CARDIO BOXE	CROSS TRAINING	CROSS TRAINING	TRX	
CROSS TRAINING	CARDIO BOXE	CROSS TRAINING / BOXE	CROSS TRAINING / BOXE	CARDIO BOXE	

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