

PLANNING AQUA

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
08H45 - 09H30						
09H45 - 10H30						
10H45 - 11H30						
11H45 - 12H30						
12H30 - 13H30						
17H45 - 18H30						
18H45 - 19H30						
19H45 - 20H30						

ENSEMBLE ATTEIGNONS VOS OBJECTIFS

PLANNING FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09H30 - 10H30				 		
10H30 - 11H30						
12H30 - 13H30						
18H00 - 19H00		 	 			
19H00 - 20H00	 			 		

PLANNING COACHING GROUP'



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11H00 - 12h00	 CROSS TRAINING	 ULTIMATE ABDOS	 BOXING	 MINCEUR	 CONDITIONING
12H30 - 13h30	 MINCEUR	 BOXING	 CONDITIONING	 CROSS TRAINING	
18H00 - 19h00	 CONDITIONING	 ULTIMATE ABDOS	 MINCEUR	 BOXING	 CROSS TRAINING
19H00 - 20h00	 BOXING	 CROSS TRAINING	 CONDITIONING	 ULTIMATE ABDOS	

Rejoignez le
mouvement !