




















# ENSEMBLE ATTEIGNONS VOS OBJECTIFS

## PLANNING COACHING GROUP

|               | LUNDI   | MARDI  | MERCREDI  | JEUDI   | VENDREDI  | SAMEDI |
|---------------|---|--|---|---|---|--------|
| 09H30 - 10H15 |  <b>ULTIMATE ABDOS</b>   |  |   |   |   |        |
| 11H30 - 12H15 |   |  |   |   |  <b>CROSS TRAINING</b>   |        |
| 12H30 - 13H15 |  <b>CROSS TRAINING</b>  |  <b>BOXING</b>          |  <b>CONDITIONING</b>    |  <b>CROSS TRAINING</b>  |   |        |
|               |   |  |   |   |   |        |
|               |   |  |   |   |   |        |
| 17H30 - 18H15 |  <b>CROSS TRAINING</b> |  <b>ULTIMATE ABDOS</b> |  <b>CROSS TRAINING</b> |  <b>BOXING</b>         |   |        |
| 18H30 - 19H15 |  <b>BOXING</b>         |  <b>CROSS TRAINING</b> |  <b>CONDITIONING</b>   |  <b>CROSS TRAINING</b> |  <b>ULTIMATE ABDOS</b> |        |
| 19H30 - 20H15 |  <b>CROSS TRAINING</b> |  <b>BOXING</b>         |  <b>ULTIMATE ABDOS</b> |  <b>CONDITIONING</b>   |   |        |