



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

12h30 – 13h30

**CROSS
TRAINING**

12h30 – 13h30

**CROSS
TRAINING**

12h30 – 13h30

**CROSS
TRAINING**

12h30 – 13h30

**CROSS
TRAINING**

10h00 – 11h00

**CROSS
TRAINING**

11h00 – 12h00

**BOXE
TRAINING**

12h30 – 13h30

**CROSS
TRAINING**

19h30 – 20h30

**FUNCTIONAL
TRAINING**

19h30 – 20h30

**CROSS
TRAINING**

19h30 – 20h30

**BOXE
TRAINING**

19h30 – 20h30

**CROSS
TRAINING**

19h30 – 20h30

**CROSS
TRAINING**

*Studio
Coach In*

Au meilleur de la forme