























# PLANNING SMALL GROUP TRAINING RENTREE 2021

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15	 ABDOS POWER	 CUISSES FESSIERS		 <b>TRX</b>	 PILATES	
10h			 FULL BODY			 FULL BODY
10h30						 STRETCHING
12h30	 POWER TRAINING			 XTREME CARDIO		
17h30			 HAUT DU CORPS			
18h	 FULL BODY	 CROSS TRAINING	 CUISSES FESSIERS	 FULL BODY	 XTREME CARDIO	
18h30	 CROSS TRAINING	 PILATES	 STRETCHING	 ABDOS POWER	 <b>TRX</b>	
19h		 PILATES			 POWER TRAINING	