








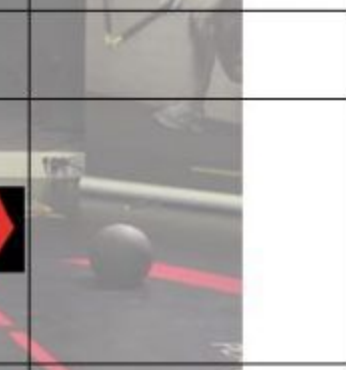







# PLANNING SMALL GROUP TRAINING 2018/2019

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12H30	 <b>HIIT</b>	 <b>MOVE</b> HBX	 <b>CROSS TRAINING</b>	 <b>BOXING</b> HBX	 <b>CROSS TRAINING</b>
18H30	 <b>MOVE</b> HBX	 <b>BOXING</b> HBX	 <b>HIIT</b>	 <b>MOVE</b> HBX	
19H20		 <b>CROSS TRAINING</b>		 <b>BOXING</b> HBX	

En dehors des horaires de cours, possibilités d'entraînement libre