



LUNDI

HIIT
12H30-13H00

CAF
13H00-13H30

YOGA
19H-20H

MARDI

CROSS TRAINING
12H30-13H00

ABDOS FLASH
13H00-13H30

BOXE
19H-20H

CROSS TRAINING
19H 20H

CROSS TRAINING
20H 21H

BOXE
20H-21H

MERCREDI

BOXE
12H30-13H30

YOGA
18H30-19H30

YOGA
19H30-20H30

BOXE
20H-21H

HIIT
20H30-21H30

JEUDI

HIIT
12H30-13H00

CAF
13H00-13H30

BOXE
19H-20H

CROSS TRAINING
19H 20H

CROSS TRAINING
20H 21H

BOXE
20H-21H

VENREDI

CROSS TRAINING
12H30-13H00

ABDOS FLASH
13H00-13H30

YOGA
18H30-19H30

CROSS TRAINING
19H 20H

CROSS TRAINING
20H 21H

BOXE
20H-21H