



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					9h00 - 10h00 CROSS TRAINING
	13h30 - 14h30 CROSS TRAINING	12h30 - 13h30 CROSS TRAINING	12h30 - 13h30 CROSS TRAINING	12h30 - 13h30 CROSS TRAINING	11h00 - 12h00 BOXE TRAINING
					12h30 - 13h30 CROSS TRAINING
19h30 - 20h30 FUNCTIONAL TRAINING	19h30 - 20h30 CROSS TRAINING	19h30 - 20h30 BOXE TRAINING	20h00 - 21h00 CROSS TRAINING	18h15 - 19h15 MECANICS TRAINING	
				19h30 - 20h30 SUSPENSION TRAINING	

*Studio
Coach In*
Au meilleur de la forme