

# PLANNING SHOW MUST GO ON



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7H00						
10H30						CROSS TRAINING
11H		PILATES RENFO		CROSS TRAINING		
12H30					HIIT	
14H						
17H15			HIIT			
18H	CROSS TRAINING	CROSS TRAINING		PILATES RENFO		
	PILATES	SPRINT RENFO				

Cours en Visio    Cours en extérieur