

PROGRAMME SMALL GROUPE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7 H			GRIT			
8 H			CROSS TRAINING			GRIT FORCE
9 H						
10 H			HIIT		CARDIO BOXING	
11 H						CARDIO BOXING
12 H						DANSE
15 H			KIDS TRAINING			KIDS TRAINING
18 H	CIRCUIT TRAINING	CIRCUIT TRAINING	CIRCUIT TRAINING	CIRCUIT TRAINING	CIRCUIT TRAINING	
19 H	CROSS TRAINING	CARDIO BOXING	CIRCUIT TRAINING	CARDIO BOXING	CARDIO BOXING	
20 H	TRX	CROSS TRAINING	CROSS TRAINING	GRIT	CROSS TRAINING	

MEMBRE • 50.000F LES 10 SEANCES NON-MEMBRE • 70. 000F LES 10 SEANCES