

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9 :30						Cross Training Skill + METcon - 60'
12 :15		Circuit training Full Body - 45'	Cross Training WOD Long - 45'	TRX - CAF 45'	Circuit training Full Body - 45'	
18 :00				Boxing 60'		
18 :30	TRX Full body 60'	Boxing 60'				
18 :45			TRX Full body 60'			
19 :15				Musculation 60'		