

PLANNING ZONE FONCTIONNELLE

Lundi

9H30

CROSS
TRAINING



Mardi

Mercredi

Jeudi

Vendredi

12H30

Strength
Development



12H30

LES MILLS
GRIT



17H30

CROSS
TRAINING



17H30

LES MILLS
GRIT



17H45

LES MILLS
GRIT



18H30

LES MILLS
GRIT



18h15

LES MILLS
FUNCTIONAL
STRENGTH



18H30

CROSS
TRAINING



19H15

CROSS
TRAINING



19H

CROSS
TRAINING



Scannez le
Planning

