

CARNOUX - PLANNING ZONE FONCTIONNELLE RENTRÉE 2018



| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|-------|---------------------|---------------|------------------|---|---------------|------------------|
| 9h15 | FULL BODY | CORE TRAINING | | SO FIT | Pilates | |
| 10h | | | Mobility | | | FULL BODY |
| 10h30 | | | | | | SO FLEX |
| 12h30 | TRX | | | CARDIO FIGHT | | |
| 18h | SO SCULPT | SO FIT | Pilates | GRAVITY Total Gym premier training program. | CORE TRAINING | |
| 18h30 | CARDIO FIGHT | | SO SCULPT | Mobility | | |
| 19h | | Pilates | | | | |